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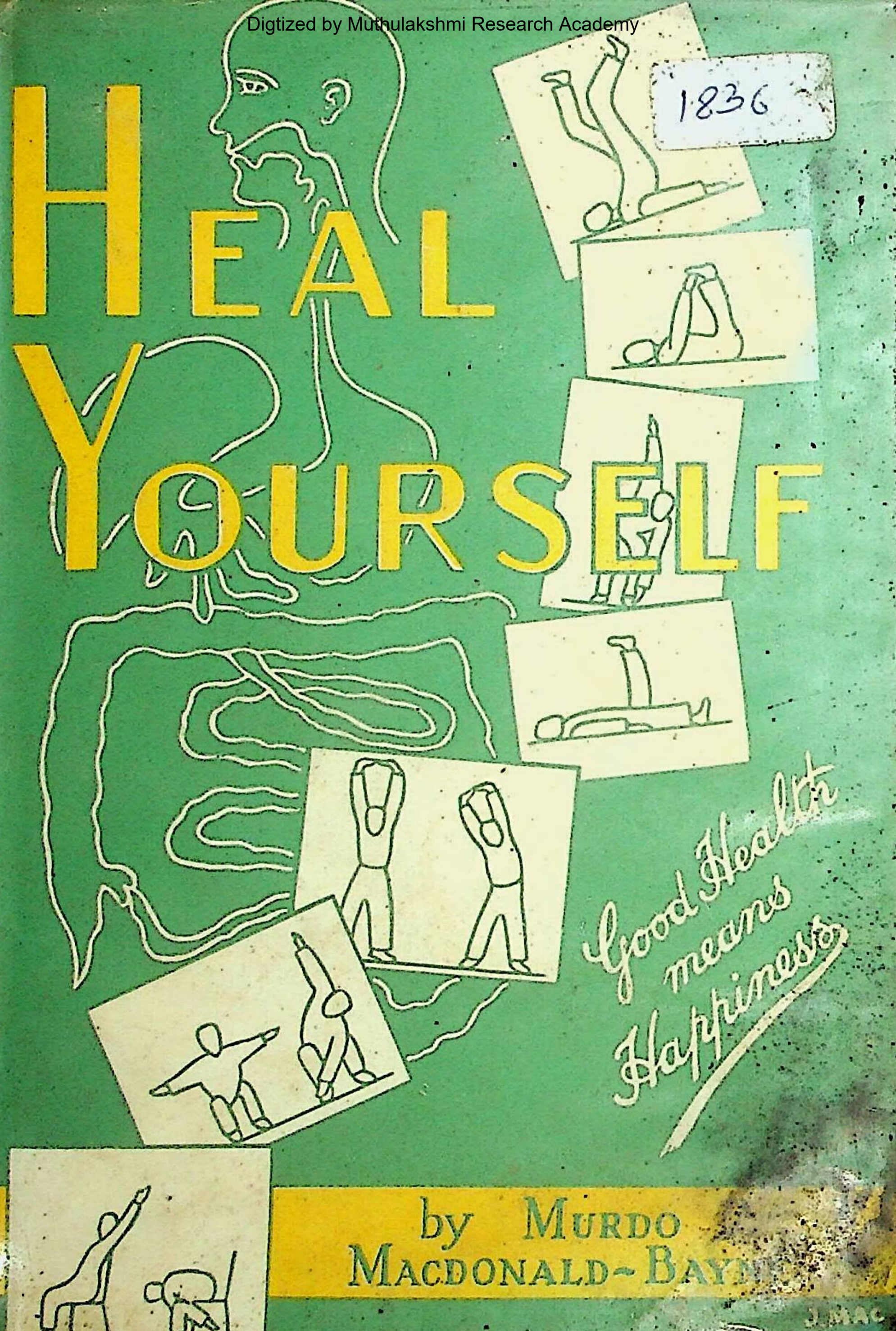
HEAL YOURSELF



Good Health means Happiness

by MURDO
MACDONALD-BAY

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HEAL YOURSELF

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HEAL YOURSELF

BY

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PREFACE

These Lectures were taken down verbatim as given by Dr. MacDonald-Bayne to his students in the Auditorium, Escom House, Johannesburg, South Africa, during 1945.

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HEAL YOURSELF

LECTURE I

General—What is Disease?—The Power of the Vital Force—The Digestive Organs and their Functions—Intestinal Management—The Cause of Dyspepsia—Digestion and Absorption—The Blood and Its Work in the Body—A World-beater for Health.

THE majority of people do not obey the natural laws, simply because they do not realise how important these are. When we realise the necessity of doing certain things we do them.

You are the immortal "I" that lives in the body; it is the consciousness of your own reality that enables you to control the functions of your organism. If you think your body is you, then you cannot control it because you become one with its errors, its negative condition. But if you stand apart and know that your body is the instrument, then you can use it; you can also make it work perfectly. The body is like a suit of clothes which the spirit puts on and casts off when finished with. Therefore I want you to know the body for what it is, and not to be deceived by the belief that it is the real man. The body is the instrument in which the Spirit manifests and works. It is really the Temple of the Spirit and, being the Temple of the Spirit, it requires care and development. An unhealthy body prevents the proper functioning of your mind; it becomes a poor instrument for the Spirit to use. Your body should be under perfect control and should respond immediately to the Master Mind.

Thus it is necessary for you to carry out the instructions that are to follow. Throw your mind into the work and develop not only your muscles but also every organ and cell in your body, and it will respond to the tune of the Universe. The Universe is harmonious, and harmony is the perfect foundation of your body. This harmony is brought into action by your awareness of it; and by the fulfilling of the natural laws your health is restored and maintained. Some people say that we have not got a body, but such a statement is metaphysics run wild, confusing the whole issue.

Few people ever consider the Intelligence manifesting in this human machine. It indicates great wisdom, and this wisdom is operating through your body continually. If you fall in with the workings of Nature you will continue to have health and strength, but if you run contrary to the Law of Nature disease will result.

You have seen the Power at work, the Power that knits your broken bones together and heals your wounds. Very few people realise this great wisdom until it is pointed out to them, and then they begin to marvel. That is what I want you to do now, to marvel, to work in harmony with the Universal Intelligence which is operating in and through your body, and to study carefully its laws, so that your body will be healthy and suitable for the Soul's existence in this material world.

We are provided with senses so that our souls shall get the necessary impressions—our eyes to see, our ears to hear, our nerves whereby we feel. We have other senses which are kept in reserve, and these will come to our aid when we are further developed.

I have previously mentioned the great forces affecting us of which we are not cognisant, but with which we will be one day.

Your soul is supplied with an instrument, the brain, conducting a nervous system which we may term a telegraphic organisation connecting every cell in your body. The brain receives messages from different parts, warning it of dangers and calling for help. How many times has your body called for help, and what response have you given to it ? None. It has now come to the stage where it refuses to make any more calls for help, but when you put into operation my instructions, that call for help will revive again and you will glory in the happiness of good health.

People have often asked : " How old are you ? " and I reply : " Age does not matter." On my sixty-fifth birthday I felt only thirty-five. The fact remains that if you know the laws of the Spiritual, the Mental, and the Physical, there is no need for any person to suffer or grow old prematurely. It is our reactions to conditions, external and internal, that cause most of our miseries, and it is these reactions and our relation to things and conditions that we have to understand. We create ideas and images about them, we fear this and we fear that. Nine-tenths of our living is living in a negative emotional state and one-tenth in a positive state. Now, what can you expect if you live nine-tenths of your life in a negative emotional state, fearing this and fearing that, rushing here and rushing there, eating this and that. Disobeying all the natural laws is bound to have an effect upon you. Therefore, we see that we must abide by the spiritual, mental and natural laws with an intelligent recognition and realisation of the fact that we are one with the Divine Spirit which ever remains in its own creations.

We are supplied with a framework around which muscles and tendons are built so that we can move from place to place ; also we have a system that carries the food to the various parts of the body and a system that carries away all the waste matter from every part of the body. What a wonderful structure ! Have you ever thought of it before ? It is worth your while to take some interest in this wonderful machine of yours. You will then realise, more and more, the great work of the Mighty Intelligence. We see within the body that there is an Intelligence at work, and it is for us to co-operate with .this Intelligence so that we will reproduce the Divine Design which is within. But unless you know the laws and the importance of abiding by them you will not put them into operation. I have proved over and over again how necessary it is to make the patient aware of the importance of doing certain things, for it is the doing of these things that brings back health.

WHAT IS DISEASE ?

Most people fear disease as if it were some devil. The very fear of disease tends to bring you in touch with those destructive forces that I have told you about. HEALTH IS THE NATURAL STATE OF MAN, AND DISEASE IS SIMPLY THE ABSENCE OF HEALTH, NOTHING MORE ; and if one follows the laws of Nature one will have good health. We wonder what man is coming to when we read a list of the names of different diseases applicable to mankind. What a fallacy ! Why study disease ? Is it not more profitable to study how to *prevent* disease, how to live healthy lives ? The trouble is that those who are engaged among the sick are always looking for the disease instead of seeing the road to health. Microbes do not breed in clean healthy bodies ; they only breed in the bodies where there is filth, decayed matter and disturbances and encumbrances brought about by wrong living.

THE POWER OF THE VITAL FORCE

There is a Vital Power flowing through everything, the Power that creates and the Power that disintegrates.

The principle of self-preservation is part of this Mighty Force, and this self-preservation works unconsciously through our system. It is always at work ; it never tires. Sometimes it is hindered by our negative thinking, by our wrong feeding and carelessness in the care of the body, but we can always be assured that the Power will work for us even under bad conditions. The Intelligence working through the body automatically builds up new structure and it also tears down the old and eliminates it. New cells are created in the body, old cells are being disintegrated and eliminated. The continuation of cell building and cell disintegrating goes on for twenty-four hours of the day, and this work is carried on throughout the system without our being conscious of it. Here we see the mighty Intelligence at work. If we give it a free hand it will keep us in perfect health ; if we restrain it by unnatural living we hinder its work ; nevertheless, it will fight for us irrespective of our stupidity, and in spite of ignorance.

Have you ever seen how a seed planted underneath a heavy flagstone will lift the flagstone ? Even if a seed is placed in the crevice of a rock it will rend it in two. Have you ever noticed where trees are growing with their roots extending under the roadway how they raise the roadway up ? Imagine the Power in this great and Vital Force, then listen to what I have to say, and allow this Force to work for you.

Most people do not eat, drink, sleep, breathe, walk, think or act as they should. Is it any wonder that they suffer from ill-health ?

THE DIGESTIVE ORGANS AND THEIR FUNCTIONS

To begin with, we will take into consideration how our food is digested and assimilated into the body. Without this knowledge you will not be able to realise the importance of what I am going to say to you later on about proper dietetic habits.

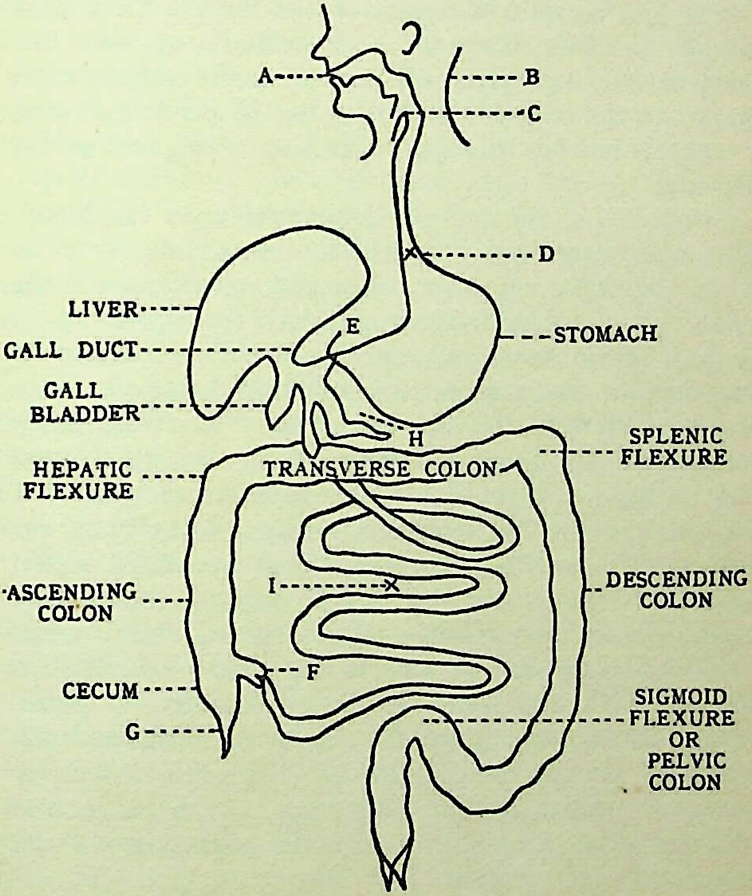
Have you ever wondered what happens to the food you eat ? If you knew what happened you would be a little more careful in the choice of your foods.

One of the most important things in digestion is the thorough mastication of your food. Food should be thoroughly masticated in your mouth and saturated with salivary juices before swallowing ; in fact it should almost melt away in your mouth. When this is done it is prepared for the action of the gastric juices in the stomach, and this action reduces it to a liquid form which is easily assimilated and absorbed through the digestive processes. The majority of people bolt their food. One would imagine they were like a fowl, having a gizzard.

INTESTINAL MANAGEMENT

(See diagram on page 13).

The first process of digestion commences in your mouth. The more you chew your food the more active become the salivary glands. Starches must always be thoroughly masticated ; one of the main causes of indigestion and catarrh is lack of mastication. Milk should be churned in the mouth before being swallowed. After the food is masticated into pasty form it should pass from the mouth down the oesophagus into the stomach with the least effort in swallowing. When it passes into the stomach it is attacked by the other gastric juices in the stomach. The walls of the stomach are filled with glands which secrete the various gastric juices. The food is churned from side to side inside the stomach and thoroughly saturated with gastric juices which further digest the food. Surrounding the stomach is a mass of blood vessels through which the food is absorbed into the blood by the means of endosmosis. Cells in the stomach carry the particles of food and


A
B
C
D
LIVER
E
STOMACH
GALL DUCT
GALL BLADDER
H
SPLENIC FLEXURE
HEPATIC FLEXURE
TRANSVERSE COLON
I
ASCENDING COLON
DESCENDING COLON
F
CECUM
G
SIGMOID FLEXURE OR PELVIC COLON

A	Mouth Salivary Glands	F	Ileo-cecal Valve
B	Tonsil Cavity	G	Appendix
C	Oesophagus	H	Pancreas
D	Entrance to Stomach	I	Approximate Location of Umbilicus (Navel)
E	Duodenum		

pass them through the walls of the blood vessels to other cells in the blood, which carry them along their varied journey into the cells of the body. They pass through the liver, from the liver to the heart, from the heart to the lungs, and back into the heart and are then carried to the cells of the body. So the particle of food eventually reaches its destination after a long and varied journey.

Every cell in the body is dependent upon the blood. The cell structure absorbs the material it picks up in the intestinal tract. The abdominal tract is the home of every activity expressed throughout your body. If we have gas, colitis, ulcers, protrusion of abdomen, or any abdominal pains, it is definitely a sign of putrefaction in the intestinal tract. There are many reasons for an upset condition in the intestinal tract and we will try to outline a way to overcome them. A lazy occupation will bring on a lazy colon. When our only exercise is sitting in a swivel chair we cannot expect much activity in the abdominal organs, and a lazy colon will be the result. The intestinal tract needs exercise and must have tone to carry on its elimination process. When it becomes inactive it holds the putrefying material too long and the absorption of this material is the first definite cause of disease. With this material in the blood stream, it is the beginning of growths, such as tumours, cyst, cancers, etc. It is the beginning of every disease you can mention.

Sometimes a high sulphur diet will cause an excessive amount of gas and we should look to our diet. The more normal the person, the less trouble there is with sulphur foods in the diet. A purification diet such as the Eleven-day Elimination Regime will help most people to cleanse the intestines—especially those troubled with gas pressure. Sometimes tissue in the breaking down process and elimination forms gas. Do not become alarmed if this results, as it will only last for a short time. Sometimes we have to resort to less food or less irritable food when this is the case. Carefully select a smooth diet to begin with and make sure that you chew your food especially well. If a person has ulcers refer to section dealing with Colitis and smooth diet.

Many times we are confronted with the condition of diarrhoea. In every case it is well to let it take its course except in amoeba infection. When an extra amount of raw vegetable juices is added to the diet often diarrhoea sets in. Allow it to take its course and it will last only a few days. In the retracing process of correcting chronic conditions in our body, a diarrhoea is sometimes encountered which is perfectly normal. Some of our raw vegetables are grown in heavily manured soils. In many cases, they result in foods covered with parasites. Be sure that vegetables are well cleaned before using them.

Never go four or five days without a bowel movement. For in doing so, every cell in your body becomes more like the condition of the bowels. In that way, disease will soon become the greater part of you and vital health become the lesser. Never miss one day as far as bowel movement is concerned. It is wise to resort to an enema if necessary. In case of constipation, it is well to drink more water, fruit juices and vegetable juices. Most cases of constipation are due to the inactivity of the bowels. This inactivity is usually the result of an impaired body produced by using our reserve energy beyond its power to recuperate. As for example: this condition can be produced from a lack of sleep, not enough exercise, too much reading or overeating.

The first symptom of disease is a prolapsed transverse colon. This is also one of the first causes of constipation. This lack of tone is usually caused from the improper diet which does not carry enough calcium and sodium to give the intestinal tract its tone. If this is the result, the movements slow up and acidity and catarrh starts in. It is well to follow the Daily Diet Regime, do the Setting-up Exercises and sleep on a bed raised at least 3 in. at the foot. This will throw the organs back into the abdominal cavity.

If this prolapsus is causing pressure on the other organs and causing abnormal conditions such as haemorrhoids, piles, abnormal menstrual pains or cramps, the same regime as above is advised. If constipation could be cured there would be few diseases for the doctors to take care of. Work on the intestinal tract along with deep breathing exercises if you are a tall, thin, lanky person. A protruding abdomen will definitely cause a curved spine. Correct this protrusion and make your body over. Practise the new perfect posture as suggested in the lecture on posture.

Many people who have two or three bowel movements a day may think they are not constipated, even some of those with protruding abdomens. This does not necessarily mean that they are constipated. But, in all probability many are. A person of this type is usually ten or fifteen meals behind in evacuation. The larger the waistline, the shorter the life line. To overcome ill-health in our body we must acquire a good-working and clean intestinal tract. It is impossible to throw off any disease unless the cell structure is healthy. Every cell is dependent upon the nourishment picked up in the intestinal tract.

Many people have a sour stomach because there is always a residue of acid-forming undigested food lying in the bottom of the stomach. To eliminate this condition one must drink plenty of fruit juices and water to wash the stomach right out. The slime and muck must be washed out of the stomach completely before the stomach can become healthy.

The majority of liquids that you drink are absorbed through the walls of the stomach, and other foods that require further digestion pass through the pylorous orifice. This is a valve which prevents any large pieces of food from passing from the stomach through into the small intestine before it has been digested so if you gulp your food this valve refuses to open and the food then held in the stomach becomes acid-forming and this acid substance is absorbed into the blood. Nature throws this acid material into any cavity in your body to get rid of it. There it lodges, then you have acid in your joints, the beginning of rheumatism and other troubles. As food passes through the pylorous it enters into the duodenum, a name with which everybody is familiar these days—"duodenal ulcer." This form of ulcer is caused by the combination of bad feeding and negative emotional strain. When you learn about yourselves you will take an interest in the food you eat as well as the laws of Nature, so that you can maintain a perfect state of health.

Your food passes through the duodenum into the small intestine where it is attacked by the bile from the liver and the pancreatic juice from the pancreas.

I will now put in concise form what happens to the food you eat. When the food enters the stomach the gastric glands situated in the walls of the stomach pour forth powerful gastric juices of an organic nature which, mixing with the food, break it up and prepare it for absorption and assimilation into the body.

THE CAUSE OF DYSPEPSIA

The majority of people eat food that is not fit for any human stomach, and it is bolted, half-chewed, sometimes not even chewed at all. It is cooked in such a way that all the nourishment is extracted and poured down the sink, and the rubbish is offered to the stomach. No wonder is it that the poor stomach rebels when it is treated as a receptacle for this refuse which becomes a fermenting and putrefying mass. Most people pay no attention to these facts, but Nature never forgets; she always makes you pay your debts, and that is one thing you will do well to remember: Nature makes you pay.

This putrefying mass, arising from the abnormal habits of living, creates a chronic condition which manifests itself in a disease commonly called DYSPEPSIA, or similar trouble, and when the next meal reaches the stomach the fermentation continues, and then you have an ulcerated stomach, and you wonder why? Poor stomach! The glands become clogged and the mucous membrane becomes grimy and soft; the whole digestive apparatus breaks down. Not only that, but the enormous amount of acid arising from the fermentation is absorbed into the system, gradually poisoning every cell in your body.

A certain amount of residue is always in your stomach. You eat three meals a day; therefore there must be a certain amount of residue in your stomach. Some people are continually eating, and they become like a bag of hay tied in the middle. When you begin to reduce your diet and eat the proper foods you become streamlined, and this streamlining is so essential. It means good health.

DIGESTION AND ABSORPTION

Digestion is still carried on, and the food not absorbed by the vessels of the stomach passes into the small intestine which is a long tube-like canal coiled up in the centre of your abdomen. It is about nine yards long. The walls of this organ are covered with a mucous lining, with millions of little hair-like tubes called the villi.

As the food passes along, the nutriment is lapped up by the villi. An Intelligence is working through your body; an Intelligence which knows what to do but there is a limit to whatever it can cope with when we continually violate the laws of Nature.

As soon as the food enters the small intestine the BILE is released. This is a secretion of the liver and it is stored in a strong bag known as the GALL BLADDER. Two quarts of bile per day is used in the digestion of your food, and therefore it is necessary to give the body plenty of fluids. Fluids that are filled with sugar, tea, and coffee do not cleanse the body, and must be released from the fluid before it can become of any value in the digestion of your food.

About two quarts of bile per day are used in the digestion of your food. It assists the PANCREATIC JUICES which are secreted in the PANCREAS GLAND situated almost immediately opposite the liver, entering the small intestine at the same place. This juice prepares the fatty foods for absorption and prevents decomposition and putrefaction as the food passes through the small intestine. These juices keep the colon and small intestine soft and pliable to enable the food to pass through without interruption.

Now, in many cases there is lag in the colon, or the stomach drops, because the muscles are weak through acid-absorption or there is too much food always in the stomach. The duodenum then becomes enlarged and soft because of the residue lying there, thus is the vicious circle set in motion.

While the process of digestion is being performed the fluids which you drink, as well as the fluids liberated from the foods, are taken up by the absorbents of the stomach and carried to the blood, the more solid portions of the food being churned up by the muscular action of the stomach. It takes about three-quarters of an hour before the solid portions of food pass from the stomach to the small intestine. It is then in the form of a pasty substance and with the help of the gastric juices that it is transformed and broken up into a substance called CHYME. The bile and pancreatic juices further dissolve this CHYME into the three substances: GLUCOSE, PEPTONE, and CHYLE. These substances are then absorbed and carried into the blood. The remainder of the mass of matter then passes from the small intestine into the larger bowel called the colon. Around the colon there are also blood vessels, and the inside of the colon is corrugated.

Around the colon there are blood vessels the same as around the small intestine, and a certain amount of food absorption takes place here as well, as the material passes through the colon. Working side by side are two muscular strata, which are built in diamond shape, one perpendicular, one horizontal. They work in opposition one to another and create the peristaltic action which causes the food to move through the colon. When these muscular strata are weakened through acidity their activity is reduced considerably. Their movement is not strong enough to cause the bowel to move, and the more opening medicine anybody takes the worse it gets.

The peptone is really the digested albuminous particles of food, the glucose is the sugar obtained from the starchy food, and the chyle is the extract or emulsion of the fats we eat. The absorption of this nutriment is performed by what is called ENDOSMOSIS. It is then carried to the liver, finally passed into the blood for circulation, and is taken in by the tissue cells to build up and repair the body.

If you have been bolting your food and eating materials of little value to you, creating fermentation and setting up poisons in the stomach, you can now realise how this poison is absorbed into the system. The blood becomes poisoned and the result is that your excretory functions are not able to emit all the poisons; consequently they are circulated back into the blood stream, eventually setting up a disturbance, sometimes affecting muscles and joints in the form of rheumatism or rheumatoid arthritis, or disfiguring the skin by eruptions or pimples or suchlike. Your breath has an unhealthy smell and your brain is deadened by the poisons which are circulated in the brain cells.

The skin is an organ of great importance. If the pores of your skin do not function, a greater strain is put on your kidneys to eliminate the poisons from your blood. The cause of most kidney troubles is the fact that they are overworked because of the skin not functioning. This important factor shall be dealt with later on.

If you are not aware of these important factors, you cannot be expected to put into operation the laws of Nature. I want to make you realise the importance of the practical application of natural laws, because when you do so you will be eager to put into operation these health-giving principles.

THE BLOOD AND ITS WORK IN THE BODY

I am going to give you a short description of how the blood is circulated through your body. The nutriment which you have absorbed from the digestion of your food is taken up by the blood and is carried through the arteries and capillaries into the cells. The arteries are large vessels which become smaller and smaller until they become small, thread-like channels, called capillaries. Leading into each cell of your body is one of these capillaries, and into each cell there is a dendron, a live wire that gives it the energy or vital power. This little nerve carries vital energy as a wire carries electricity, and causes the cell to function. Without either of these the capillary or dendron, the cells would die ; and if a large proportion of the cells in your body were to become inactive, then the soul would take its departure.

The cell extracts the nutriment and in a similar manner releases a poison, which passes back through the capillaries into the veins or the venous system and eventually is thrown out of the body by the organs of excretion —the kidneys, the skin and the lungs. The waste matter in the body, being carried back through the venous system, passes through the heart and from the heart into the lungs and is eliminated through the breath. The venous blood passes through the kidneys, where uric acid is extracted and eliminated in the urine. The blood circulates around the glands in the skin, and much of the poison is eliminated through the pores of the skin.

Through many years of practice in the art of deep concentration I can see the whole body working. I see where it is right or wrong ; a faculty that you acquire through years of practice in meditative concentration.

The engine which pumps this wonderful fluid, the blood, is the heart, and when it ceases to function you can realise what happens—the body is so poisoned that the soul has no longer any use for it and takes its departure. Now you will realise that if the blood is poor and the circulation weak the body must become diseased. REMEMBER this when you are eating. See that you select the proper foods that Nature intended you to eat.

When the blood returns from the different parts of the body laden with impurities and waste matter it passes through the respiratory organs—the lungs—organs which are of the greatest importance in maintaining a strong healthy body and mind. Your lungs are encased in a sac known as the PLEURAL SAC, which in construction is so delicate and yet so strong.

There is a double action within the pleural sac, which is a sort of twin sac. One wall adheres to the lungs, the other to the wall of the chest. A fluid is secreted between the inner surfaces allowing the walls to slide upon each other in the act of breathing. As you breathe in and your lungs move up and down in an easy manner, these two sacs move easily on one another because of the fluid between them. When you have inflammation of the pleural sac it sets up an irritation commonly called pleurisy.

Each lung is free in all directions except at the root, which consists of the bronchial tubes, arteries, and veins, and these connect the lungs with the trachea and heart. The air passes down the bronchial tubes and into small air cells. The lung is made up of a mass of millions of tiny air cells. Surrounding these millions of little air cells is a mass of blood vessels. The poisons in your body are carried in the blood through these vessels and are passed through the walls of the blood vessels into the air cells in the form of carbon dioxide, and then exhaled through the nose and mouth. When one is inhaling, oxygen is carried into the air cells and it is taken up by the blood in similar manner. The red corpuscles pick up the oxygen and carry it through the blood stream. Thus oxygen is carried to every part of our body by the blood. So you see, if you do not get the carbon dioxide out of the body the blood also becomes impure. Exhalation, therefore, is just as important as inhalation.

Now let us visualise what happens when we breathe. The air passages consist of the nose, the pharynx and the larynx, the windpipe or trachea, and the bronchial tubes. When you breathe you draw in air through the nose and it is warmed by contact with the mucous membrane which is richly supplied with blood. It then passes through the pharynx, larnyx, and windpipe, into the bronchial tubes which in turn divide into small air passages in the lungs, of which there are millions and millions. When the air is taken into the lungs it carries with it the necessary life-giving substance of oxygen which is absorbed by the blood. The blood starts its journey bright red, laden with these life-giving qualities, to the various cells in the body, and returns by the venous route with the poisoned substance released from the cells. This poisoned stream passes through the right auricle of the heart. When this auricle becomes filled it contracts and forces the blood through an opening into the right ventricle; then it is sent on to the lungs where it is distributed through the many hair-like vessels into the millions of air spaces of which we have spoken.

The operation is this. A breath of air is inhaled and the oxygen comes in contact with the impure blood through the thin walls of the capillaries in the lungs; these walls are thick enough to hold the blood, but thin enough to allow the oxygen to penetrate them. When the oxygen comes in contact with the blood a form of combustion takes place, the blood taking up the oxygen and releasing carbonic acid gas which has been taken from the cells of the body. The blood, thus purified and enriched by oxygen, is then carried to the left auricle of the heart. It is forced into the left ventricle of the heart and is then pumped through the arteries, through the small capillaries, reaching each individual cell of the body.

It is estimated that in twenty-four hours 40,000 pints of blood pass through the lungs and the heart. It will be perfectly clear to you that unless sufficient quantities of fresh air reach the lungs this foul stream of venous blood cannot be purified and the body is thus robbed of nourishment; the waste products are not destroyed but are returned back into circulation and gradually poison the system. Therefore, BREATHING IS VITALLY IMPORTANT; your life is, in fact, absolutely dependent on the act of breathing. BREATH IS LIFE.

When a child comes into the world, breath is the very first thing necessary to enable it to carry on life independently. The infant draws a deep long breath, retains it for a moment, extracting from it the life-giving properties, then exhales, and lo! Its life upon the earth has begun. The aged man gives a faint gasp and ceases to breathe, and he passes from his earthbound body. Thus from the first breath of the infant to the last gasp of the dying man, life is a series of breaths. Man can exist without eating or drinking for some time, but he cannot live without breathing. Unfortunately the majority of people today have lost the art of breathing. Civilisation has robbed them of one of Nature's precious gifts.

If you want to learn how to breathe again I will advise you to watch a little child carefully and follow its example. It knows how to breathe properly; you can see the great Universal Mind Principle in action there. Not only will correct breathing give you a healthy body but also it will give you mental power, self-control, clear-sightedness, happiness, and spiritual growth.

I am now going to give you an exercise that will enable you to fill your lungs to their utmost capacity, and if you are wise you will repeat it several times a day. Breathe through your nose, first filling the lower portion of the lungs; the abdomen is extended slightly; then the intercostal and upper parts are filled. The lungs are filled from bottom to top. All the cells of the lungs must get oxygen, not merely a small area as is the case with most people in our civilised world. The importance of proper breathing cannot be over-emphasised.

A WORLD-BEATER FOR HEALTH

Stand up; get yourself into the proper posture by this setting-up exercise—hands above your head, thumbs touching, palms forward. Stretch up, look straight ahead. Now drop your hands to your sides, palms forward, little fingers touching the sides. Now turn your arms but do not drop your shoulders. Raise your arms sideways, palms up, at the same time inhaling slowly. Your lungs should be filled by the time your arms reach the horizontal position. Hold a moment or two; now lower your arms slowly, palms turned downwards, exhaling at the same time. Your lungs should be emptied by the time your arms reach your side. Remember, exhaling is just as important as inhaling. Do the exercise several times; it is a world-beater for health.

Not only will this exercise oxygenise your blood and clean your body of poisons, but also it will stimulate your organs into activity. It lifts the diaphragm slightly, massaging the various organs. As a test try breathing without lifting your arms, filling your chest to capacity; then lift your arms as directed, and you will find that you will be able to inhale still more with perfect ease.

In a later lesson I will give several breathing exercises and will explain more fully the wonderful power that can be obtained by breathing. Some people have paid a great deal of money to learn breathing, but I have found that the complicated exercises given in some of the courses are generally of little value, and I am sure that the information you will receive from my lesson will be worth much to you. You will digest your food better, your blood will be purified, your nerves will be strengthened your brain become more active, your soul will evolve, and success and happiness will be yours. Follow my instructions and I am sure you will receive your heart's desire.

LECTURE II

What is Nourishment ? —Natural Hunger v. Acquired Appetite—Importance of Drinking Water.

THE individualisation of the Infinite Spirit is the only source of Power ; there is no other power. The body has no power of its own. It acts according to natural laws and obeys natural laws. It responds to the mind and is affected by your thoughts. It will be improved by positive thinking ; it will be retarded by negative thinking. The whole structure is the most magnificent expression of the Divine Intelligence that lives in and through you.

Your body is a machine controlled by this Mighty Intelligence the like of which no human brain can conceive or imitate. It is of the Divine Nature. Life created the body for its own self-expression, and here we see the whole principle in operation.

WHAT IS NOURISHMENT ?

Nourishment is the only thing that should count when considering the food you eat. It is your duty towards your body that it should be thoroughly nourished with a supply of new fresh material to replace the worn-out and discarded material. Over-eating is not nourishment. Over-eating is the cause of many troubles today. The body cannot absorb large quantities of food, and Nature cannot eliminate the poisons absorbed into the body through over-eating ; these poisons become encumbrances which lodge in any cavity that Nature can find. The organs of excretion are these : the lungs through exhalation, the skin through evaporation, the kidneys by secreting the uric acid, the bowels by elimination of waste. There are, therefore, four ways of excretion and if any one of these is impaired your body suffers.

Over-eating is sometimes the cause of disease. People eat so much that their digestive organs are unable to cope with the food and consequently in the stomach there is an undigested mass of putrefaction which cannot be absorbed by the body. It clogs up the various glands of the stomach, and a great deal of energy is required to expel the excess amount of matter. As a result the digestive organs give up in disgust. Often I advise people to have a rest from eating for a few days and take fruit juices and vegetable juices for three days and then for a while go in for a diet of fruit and milk.

Fruit has the effect of cleansing out the cell structure. Raw vegetables and salads have the effect of cleansing the intestines, and juices are easily digested and absorbed. It is necessary that you give your body just the necessary amount of food. Fruit and milk diet has cured more people of troubles than any other diet I know. Fruit has the power of eliminating from the milk the catarrhal effect that it sometimes has on some people, and it reduces the action of the protein. The acids of the fruit act upon the nitrogenous substance of the milk and make it absorbed more easily into the body. Sour milk is excellent for a sour stomach. Milk diluted with grapefruit juice, or any of the citric juices, has a curdling effect on the milk and affects the stomach in a wonderful way by regenerating the mucous lining.

Your nourishment is obtained from the proper mastication of your food. Eat the plainest foods possible, encourage your taste for simple foods and keep away from rich pastry and the expensive triumphs of the wonderful cook-shops. These are only palate-ticklers; such kinds of foods have little or no nutriment in them.

Some people live to eat, my advice is EAT TO LIVE.

You see that there is a big difference. People who live to eat are gluttonous, overweight. They overburden their bodies. Overeating is a vicious habit, deadly to both soul and body.

When people get on in years they do not require half the amount of food that they required when younger, and overeating often affects the heart. A man once came to me with severe heart trouble. He was a wealthy man. When I saw what he was eating I knew what his trouble was. I put him on only fruit and vegetable juices for several days, followed by a fruit and milk diet for three weeks. He was completely cured of his heart trouble.

The doctor was giving him pills, digitalis, etc., which had not the slightest effect. When he recovered I put him on a light diet for about three months, and he became as strong as ever he was in his life. Simple, absolutely simple! The simplicity of common sense.

In most heart cases I find that decreasing the diet and eating simple foods relieves the supposed heart disease; in fact the trouble often is nothing more than a dilated stomach pressing against the walls of the heart and setting up a nervous reaction affecting the smooth running of that wonderful organ.

NATURAL HUNGER VERSUS ACQUIRED APPETITE

Now let me see what sort of a natural hunger you have. Do you like cold water? I have known people who hated water. Do you know why? Because they have a craving for sweets, ginger ale, and soft drinks, or for beer or other form of alcohol. What a perversion of Nature's gift! Man has to live and Nature's foods were created for him, yet we forget these foods of Nature and choose artificial ones which we call food and drink. No wonder we are victims to all sorts of diseases. Can we wonder at it!

For your own particular benefit give up these acquired appetites for tobacco, liquor, chewing gum, and drugs and foods which are not fit for mankind. Even the dog will not touch them; he knows better. You spoil the natural hunger of the child, replacing it by an acquired appetite, when you give it such things as sweets, candy, ginger pop. Why not give it fruit and Nature's own food, instead of the conglomerations of modern civilisation? Allow a child to retain its natural taste. By so doing, your own children when they have grown up will thank you.

Natural hunger and natural thirst express themselves through the nerves of the mouth and throat. The thought or mention of food creates in the mouth a sensation which causes the salivary glands to eject saliva. The stomach itself does not come into any evidence whatsoever in such circumstances, but with a false-appetite habit there is a faintness, an emptiness, a gnawing sensation in the region of the stomach; all the characteristics of real hunger have vanished. Cultivate, therefore, a natural hunger and return to the natural principles of life, and you will be a boy or girl again! I know people who breakfast on porridge, a couple of eggs with bacon, toast and coffee, and if that is not enough they eat another couple of slices of bread and butter. When the clock strikes twelve they feel empty. This empty, gnawing feeling in the pit of the stomach is a habit and must be eliminated by reducing the diet to a minimum. All over the world it has been proved that where people do not get too much to eat they are healthier.

If you eat over-much you clog the system and eventually bring on troubles. I am sure you remember the day when, coming home from school, you felt real hunger. That is the kind of feeling you want to have today. The majority of people are overfed and under-nourished. If you want perfect health pay attention to this hunger gift of nature, not to the appetite-habit which you have created.

There is a secret in absorbing the energy out of the food you eat and the water you drink. There is a substance known as Vital Energy in all things. The Yogis call it Prana. It means the Energy that is in all things; it is not the food element or the chemical element—it is the energy behind it all. Cells of food are made up of atoms (you know what atomic energy is by now). In all food there is a concentrated energy, and when you break up the cells by proper mastication this force is released, and absorbed into the nervous system. Nature has produced in your mouth and teeth the means of extracting the atomic energy out of the food you eat. When you masticate your food properly and drink water slowly you absorb Prana. Water should be held in the mouth before swallowing, and then Prana is absorbed into the nervous system independently of that which is taken into the blood stream. It is absorbed into the nervous system and becomes Vital Energy in the body. Nature has produced and prepared the mechanism for doing this. If you knew the law that would enable you to release Spiritual Energy from within in its essence, think what could be done! It is the releasing of the Spiritual Energy that counts. We learn by certain methods the secret of awareness. Ninety-five per cent of our consciousness is sleeping. We are aware in only five per cent of our consciousness. Think what power could be released if we were one hundred per cent aware! Releasing of Spiritual Energy can come only through awareness, that is, "the awakening of the Superconsciousness." If I were permitted to reveal to you the secrets you would not comprehend the truth about them. The Creator has decreed that, as one develops spiritually, then and then only could the Superconsciousness awaken. Thus man is protected against himself. If we knew the law of releasing Spiritual Energy, think what would be possible! The time is coming when man will develop along spiritual lines and divorce himself from materialism. These secrets will be revealed naturally to him. I have seen this power in action, and the time will come perhaps when you also will see it. The releasing of Spiritual Energy will destroy all the forces of evil, those forces that create war and misery. Through the physical senses we learn the power of atomic energy. When we are one hundred per cent conscious in the Superconsciousness we shall be able to control this energy consciously and to use it.

So we see there is energy in every atom. In the cells of food there is concentrated energy, and when we break up the cells by proper mastication this force is released and absorbed into the nervous system. If you can consciously extract this force from your food while eating it, it has a greater effect ; in fact it is the nerve force of your body. The food you eat, the air you breathe, the water you drink, are all saturated with this mighty energy. Elements we know of, such as potassium, calcium, fluoride, and silicon, are merely superficial compared with this wonderful energy that is within.

The proper drinking of water is really sipping of it slowly ; proper breathing is breathing in tune with the Universe ; and proper eating is to masticate your food until it almost melts away in your mouth. These processes have a twofold action : the replenishing, building and repairing of the body with food matter, and the absorbing of energy through the nervous system. Thus by following my instructions you will gain a greater amount of nourishment from the food you eat, the water you drink, the air you breathe. In future, remember not to gulp your food and not to eat large quantities of it.

Food half-masticated and insufficiently salivated goes to waste and is passed from the system in the shape of a fermenting mass. Your teeth and gums will be greatly strengthened by proper mastication. Pyorrhoea is the result of bad eating; in fact, proper eating and the eating of proper foods will undoubtedly cure that much dreaded disease. Start today. Make up your mind that every mouthful of food shall be thoroughly masticated, and obtain the maximum amount of nourishment. With a full supply of energy your machinery will not wear out so soon, you will live much longer, you will have comparative youth in your old age, your skin and flesh will be strong and firm, your eyes will be bright, your brain clear. In fact I could go on indefinitely enumerating the results you will obtain from following out my instructions. Also do not forget the mental attitude every time you eat. Masticate your food and extract the full amount of energy and nourishment. Feel that every mouthful of food means particles of joy and happiness reaching their destination. Every cell in your body is eagerly awaiting these particles of well-masticated food charged with life energy. That is the mental attitude you should adopt. It is not difficult to eat properly. Then sit silently at your meal and eat properly.

I have stressed the importance of drinking water. You will probably say to yourself: "Why should I drink water? I do not feel thirsty." Well if I may say so to you, the cause of your not feeling thirsty is the fact that you have put off Nature's demand for so long that Nature demands no more. You have refused to hear Nature's call. It is astounding to see so many people who drink hardly any water whatsoever, and some even think it is not good for them. Why, don't you know that 75 per cent of your body is made up of WATER? Water can be mixed with fruit juices or vegetable juices. I prefer the water mixed with fruit juices, because then the body can obtain its organic elements easily. One should drink at least about eight glasses of fluids every day, that is fruit juices or vegetable juices and water. Yes, to keep completely healthy one should drink about eight glasses of fluids a day. You may think that is a lot, but it is not, when you realise the amount of fluid that passes through your skin in invisible evaporation and also that during 24 hours nearly ½ gallon is required to digest your food alone.

A very sick man once came to me for treatment. I looked at his eyes and saw his blood stream was filled with sodium. His skin was dry, his body almost a skeleton. I said: " You have no fluid in your body." He said: " I eat only dry food." He showed me a health course that he was following. It had cost him £12. I said: " You are paying for your coffin, not for your health." I put him on fruit juices and natural foods, and in no time he was flourishing. People who try to teach health when they know nothing about it are a nuisance to the public. I say it is essential that those who try to teach the principles of health should prove that they know at least the fundamentals of health. " A little learning is a dangerous thing."

A large percentage of people are sick because their bodies lack the necessary fluids. Just as the plant dies from the want of water so are many people doing the same thing, slowly dying from the want of fluids. Coffee or tea are not healthy fluids. If I were to drink a cup of distilled water, that distilled water would attract every particle of waste matter it can hold. If I put tea and sugar into it that fluid has no value for me. The fluid is so filled already with waste matter that it cannot cleanse but it leaves further deposits in the body.

If you want to be well and stay well, the job is up to you, not me. Some of you think I have to do 100 per cent of it for you. I give you the knowledge, but it is for you to put it into practice.

You would not think of depriving a plant of water, nor would you deprive your most faithful animal of water, and yet you deprive yourself of the pure life-giving fluid. You suffer the consequences and wonder why.

Make up your mind from today on that you will in future give your body the amount of fluid it requires. The system is continually excreting moisture through the pores of the skin in the form of sweat.

Experiments have shown that when perspiration is prevented, human beings and animals die. Sweat which is excreted from the body is loaded with all the waste products, refuse and filth of your system. Without a sufficient supply of clean fluids in the system the body would remain in the poisoned state, bringing disease and death as a consequence. If this waste matter is allowed to remain it serves as a breeding—and feeding—ground for germs and microbes. Germs do not bother the clean and healthy body to any extent, but when they arise in one of these water-heaters with a body full of refuse and filth it is seldom that he recovers. I wish to impress upon you the importance of drinking the proper fluids, fruit juices and water. Eight out of every ten need this advice. Do not pass it by—even if it is simple. It is very, very important.

Without the necessary amount of water the glands of the skin become clogged and dry and do not function.

The skin is an excretory organ. The waste in the body is carried to the skin. Blood vessels surround these little glands and these glands absorb the waste and throw it out through the pores of the skin by means of perspiration. Out of eight pounds of waste in the body five pounds are evaporated through the skin, Suppose the glands become clogged and your pores become clogged, your skin becomes dry, the poisons are circulated back again in the blood, the kidneys are the next organs of elimination and they try to eliminate the poisons but they can do only a certain amount, and then the kidneys give in because the skin is not active. Anybody with kidney trouble will have an inactive skin. Yet those who should know better will cut your kidney out when it is diseased, when by proper treatment it would become healthy. It is criminal to mutilate the body when natural means could cure.

I want you to see plainly what you have to do, so that you will keep your organs. Think twice before allowing yourself to be destroyed by unnecessary operations.

Without the necessary amount of water the glands of the skin become clogged and dry and do not function. The skin, being the supplementary organ to the kidneys, is necessary for the excretion of waste products, and without water the skin is unable to function and throws an extra amount of work on the kidneys. That is why so many people today suffer from kidney troubles. Half the kidney troubles would be eliminated by a sufficient drinking of clean fluids with skin friction exercises, details of which will be given later on. A normal adult excretes every twenty-four hours about two pints of water through the skin, about two quarts by urination, about one pint through the excretory process of the bowels, and about one-and-a-half pints through the lungs by exhalation. Therefore as you see, water is needed for a number of purposes. It regulates the combustion in the cell tissue and gets it under control. Cells in the body die from lack of water and are left to stagnate and create growths, tumours and cancer, a conglomeration of dead cells, taking upon itself its own growth independent of the real life of the body in general.

Water is also used in your body as the common carrier. It is the basis of your blood which flows through your arteries and veins, carrying the food to the various parts of your body. Without fluids the quantities of blood must decrease, and consequently your body must suffer. It is also necessary for the carrying off of the poisonous matter of your body. It is necessary for the digestion of your food. Your glands have to be replenished with fresh juices, your nervous system requires a conductor which carries the messages to different parts of the body. Without fluid Nature's work cannot be carried on. You know that if the body cannot get sufficient fluids in the ordinary way Nature manages to obtain them as best she can, and sometimes it is necessary for her to extract the moisture from the faeces, that mass of matter lying in the colon awaiting excretion. Just imagine the fluids extracted from this matter being circulated through your system to your glands again, then secreted again for the digestion of your food, and again circulated through your blood. You know now how people who do not drink the necessary amount of water, are saturated with filth, disease and germs.

Nine-tenths of the causes of chronic constipation arise from the want of water. I have cured hundreds of people of constipation by telling them to drink sufficient fluids every day.

I want you also to drink sufficient fluids to begin with, to masticate your food thoroughly, and not to eat too much. Carry out these instructions, reduce your diet, masticate your food well and drink plenty of clean fluids.

LECTURE III

Peristaltic Action—More Water—Breathing with Nature—Lungs—Lung Tonic and Cough Syrup—Asthma cured by Breathing—Breathing for Health—Nose Breathing v. Mouth Breathing.

NINE-TENTHS of the world today are suffering from sluggish bowels through lack of peristaltic action commonly called constipation. This could be remedied very quickly by getting back to Nature. It is the modern convention to dodge this unpleasant subject but the whole race is suffering from this trouble. We have got to look at it properly, fairly, and squarely to see how we can remove it. Its removal is very simple. It is not difficult, yet some people have suffered all their lives and tried by every means to get rid of it without avail. Now we must get the truth about it and you will benefit by my drawing your attention to it. The trouble is self-inflicted, and when I say self-inflicted I mean self-inflicted. It is the basis also of other troubles which affect especially our skin, our gums, teeth and the soft tissues of the body. This self-inflicted trouble is the basis of many other diseases, probably more so in women than in men. It is due to ignorance.

Surrounding the colon are two muscular strata. The one pulls in, the other pulls down. This motion is known as the peristaltic action. That action is produced by the particular formation of the muscular strata. One stratum is built diamond-shape perpendicularly and the other diamond-shape horizontally. This movement causes the mass to move up the ascending colon, across the transverse colon and down the descending colon until such time as you get rid of it. If this muscular stratum is weakened in any way its action is impaired. Medicine does not eliminate the trouble—it only irritates it. Sometimes the the bowel becomes inflamed, and then the sufferer has adhesions, the muscle closes round the bowel, closing the colon somewhat at that area, and then there is a bulging area on each side of the bowel stricture. That causes stoppage of the bowel. The faecal matter cannot pass through and naturally the sufferer takes a dose of salts which forces the material through, breaking the membrane. Naturally a virus in the colon from the decomposed matter in the bowel passes through into the blood stream through the blood vessels which surround the colon. This flows into the bloodstream and Nature must dispose of it in some way ; so, finding a recess in some part of the body, she throws it in there. When this virus remains in the colon it is controlled, but when it finds itself in another area of the body, it starts to build up a structure which often becomes a cancer or a malignant growth.

I am bringing this to your notice because prevention is better than cure. My job is to make you healthy, but you must do the work yourself. I cannot do it for you ; I can only show you the way, which I am doing.

Nine-tenths of the causes of this trouble arise from the want of water. I have known people to be speedily cured by drinking plenty of water. See all these bloodless anaemic people with a dry skin and unhealthy appearance—they remind one of a dried prune that requires soaking for it to become plump and normal. Your body needs water all over ; every part must be thoroughly irrigated. If you deny it the natural supply of water, every cell, tissue, and organ will become unhealthy. We know from experience and from knowledge that germs do not breed in a healthy clean body. They only breed in the unhealthy body.

You should drink at least two quarts of health-giving fluids every day. You may think that two quarts is a great deal. I do not mean two quarts of tea and coffee. That is not healthy at all. Many people drink as much as a quart of coffee or tea every day. I know you like your tea, but do not drink too much of it.

If I have a cup of water here, a health-giving fluid, and I put into that fluid some foreign matter, do you think that it is still a cleansing fluid ? Of course it is not a cleansing substance ; it's a clogging substance.

Do not be afraid of drinking plenty of health-giving fluids. It is the unadulterated fluid that is the real health-giving fluid. Fruit juices are fluids that are distilled by nature. Nature distils the water as she takes it into the plant and fruit, and as the plants and fruits grow it is matured by the sun's rays which vitalise the fluids and cells, and you have all the vitamins in Nature. Then drink these fluids and eat these natural fruits and vegetables and you will have all the vitamins you need. Nature has distilled the water and vitalised it for your use. Nature is wonderful. Praise Nature always.

So you must sip the water ; a good thing is to take early in the morning, a cup of hot water (not too hot) with the juice of one lemon, followed by one or two cups of warm water. This will clean your bowels out, and during the day sip slowly several glasses of water. Some people cannot take fruit juices ; their systems cannot stand it. The reason is that the vitamins and elements in the fluid are too powerful for the congested condition of the body. Therefore, take two-thirds water and one-third juice, two cups of it, warm, and sip slowly. You will find during the day that Nature will do its work. Drink more and more water and natural juices. Supposing you take eight glasses of fluids, two of these first thing in the morning. It will wash out your stomach. After breakfast, about 11 o'clock you drink another glass ; before lunch you have another ; after lunch, another ; after dinner, another, and then before you go to bed you have two more glasses of water and fruit juices. That is arranged nicely, and you would not know you had taken this liquid. I can drink water all day because I know that water aids the healing power to flow. Water is the conductor of the energy that comes from the atmosphere through the body. Without water you could not conduct this energy. So you have to drink water, plenty of water. I drink more than two quarts every day. The hands and body are kept moist and the fluids aid the flow of the life energy. Last thing at night I take a large glass of water, because during sleep Nature has a spring cleaning, eliminating all waste products and worn-out tissue created through the day. (If this causes one to pass water several times during the night, drink the water two to three hours before bedtime.) Without water Nature cannot perform her duties. Some people have a glass of water before they eat. In America people have a glass of water before a meal. But they generally have ice-water, which is not good because it retards the gastric juices. Do not drink with your meals, but half-an-hour afterwards.

No greater stimulant in the world is to be found than a cupful of water. Try it out for yourself. It is a powerful refresher. It will charge you with vigour and energy. When drinking water sip it; let it remain in the mouth before swallowing it, and the benefit will be enormous; you will extract energy from the atomic energy in the water. This is a message that is worth a treasure. We extract atomic energy from the food we eat, the air we breathe, the water we drink. Nature has perfected in us, in our teeth, gums and tongue, the means whereby we extract atomic energy from food and water, and in our nose at the root behind the eyes the means of extracting energy from the air. In every particle of food there is atomic energy. The more you hold it in the mouth the more energy is extracted out of the food and out of the water that you drink.

The colon is the big sewer of the system and nature intends that the waste should be removed quickly. One should never postpone Nature's call. That is sometimes the beginning of your troubles. You should help the natural process by going regularly to the stool. Make a habit of going at a certain time.

Once I had a patient who had a colonic irrigation, and he found that the charcoal he took twelve months previously for his indigestion came away, twelve months afterwards. Many people are just the same. In the colon, in its walls, there are corrugations to which the mass of material clings. The walls of the colon then become hard and inflamed. You have practically no peristaltic action and the material passes through this material, always leaving a little more. It is necessary, therefore, if you are suffering from constipation, to have a colonic irrigation. I can arrange for you to have a colonic or you can take one at home. You take a pint of warm water, as warm as your hand can bear, add one teaspoonful of glycerine and one of bicarbonate of soda, and inject this into the bowel with an enema syringe; hold the water in the colon as long as you can before letting it pass out. At night is the best time to practise this. On the following night, take a quart of water and use it in the same way; then two nights after that, take three pints of water; two nights after that, use two quarts of water; and two nights after that, five pints of water, adding one teaspoonful of glycerine and one of bicarbonate of soda to each pint used. Lie on your left side, or use the hand and knee position while injecting, so that the water will run into the colon. Glycerine breaks this material and carries it away.

Consequently Nature, acting upon the bowel, will get rid of the remainder. Do not be afraid of five pints of water; your colon could easily hold a gallon. You should exercise your bowel before and after injection. Drink plenty of water, and breathe deeply. You will find that a mass of matter will come away from the colon and it will convince you for all time of the necessity of keeping the bowel clean.

To keep yourself thoroughly healthy, you should use the enema once every six weeks, with say two or three pints of water with glycerine and bicarbonate of soda added. It is quite a simple thing to do.

In India a bird comes to the river from the desert, his domicile, and the first thing he does is to fill his beak with water and give himself a proper irrigation. He sits by the river almost too weak to walk but after a while through proper irrigation he regains his strength and flies back to the desert. That is Nature.

Start the habit of going to the stool the same time every day. Do not strain; allow Nature to act. Never mind if you have the inclination or not; you must keep the habit going; action will come sure and certain.

When sipping water suggest to yourself that the water will make your bowels move freely and regularly as Nature intended. Carry in your mind the action of your bowel. To merely say the words is not sufficient; the idea must take root in the subconscious mind, so that it will stimulate the action of peristalsis. Give the bowels a massaging in the morning; talk to your bowels. The liver is sometimes a sluggish organ. It is situated on the right hand side, just under the ribs. If your liver is sluggish do this exercise, and you will find it will become active. Stretch back and to the left. Over your liver the flesh will be slightly tight; give this area a good slapping. The liver will soon come into action and you will feel the benefit almost immediately. Do this night and morning till your liver is thoroughly stimulated.

If this part alone of the Course has been the means of bringing you health, giving you a beautiful skin, relieving you of a foul breath, a sluggish liver, and a poisoned body, then surely it is worth more than gold and silver to you. You are in harmony with Nature and the great Mighty Power called God.

BREATHING WITH NATURE

As I said in my previous lesson, breath is life. One must breathe to live. Unless we breathe we cannot live. But we find that 90 per cent of people have forgotten the art of proper breathing. Natural breathing is fascinating. So much indeed has been said about it that one wonders why the nations have not taken it up thoroughly and educated their whole populations in proper breathing. If this were done more than 90 per cent of our chest troubles would be wiped out.

The percentage of civilised men and women who breathe correctly is small. The result is reflected in stooping shoulders, contracted chests, and chest troubles.

Your health depends considerably upon your breathing correctly. There are four types of breathing, the low or diaphragmic breathing, the intercostal or mid-breathing and the high or clavicular breathing. The last two are the most harmful. Then there is what is called complete natural breathing; it combines the three in one, and this is the proper way to breathe. As I said before, watch the little child breathing and follow its example.

When breathing properly the air is drawn through the nose, and the abdomen is slightly extended; and then the intercostal or middle of the chest is gradually filled. When taking a deep natural breath the breath is held for a moment. This holding of the breath sends the air up to the top lobes of the lungs and the clavicular area is energised. It is essential to take many deep breaths daily. Hold the breath and shoot it up to the top of the lungs; this will regulate those seldom exercised portions of the lungs—the lobes—where the majority of chest troubles have their origin.

It is not difficult to regain proper natural breathing. Nature always tends to assert herself when given the opportunity. Lie on your back or sit in a straight-backed chair. Relax, then *breathe easily and slowly through your nose, at the same time gently allowing the abdomen to extend naturally, then the intercostal or middle chest extends automatically. The action is performed in one complete wave, the diaphragmic action creates a vacuum, and the air rushes in.*

Proper breathing action always commences at the abdomen and sweeps upwards; any other movement puts the breathing action out of tune with Nature, creating numerous troubles as a result. Watch the child and the animal breathing and then you will see the smooth easy process of Nature unspoilt. Breathe easily and slowly, following this simple explanation, and soon you will be in tune again with Nature. When breathing deeply hold the breath a few moments; the abdomen is then automatically drawn in and shoots the air up to the top of the lungs. Always exhale through the nose.

Beware of methods that violate the natural process. In my travels I have come in contact with many people who have been taught unnatural breathing methods by those who should know better. Thinking that they have found something new and wonderful, they put it into action with disastrous results. REMEMBER your key is "Keep close to Nature." Make Nature your guide. Man's intellect will never duplicate it. Never forget this fact.

LUNGS

Your lungs are the greatest asset in keeping well. Whenever waste material has been produced and harboured in the body much of it has been broken down into the various gases. This is the main cause of bad breath. This indicates that intestinal putrefaction has taken place and that the other eliminative channels are not carrying off the decomposed food waste as they should. It has been said that the lungs eliminate approximately two pounds of waste matter a day, which is equivalent to that thrown off by the kidneys or bowels.

Keep the lung passages as free of catarrh as possible by avoiding too many flour products; in fact, avoid all starches, creamed soups, and such-like. The lung structure is normally pink in composition, but city air, full of soot and smoke from factories, soon turns the lungs black. It is time we realised that lungs must be kept in good healthy condition. This we can do by outdoor exercise in clean air. Why have colds settling on the chest? Why expect a cold this winter? Why have asthma, bronchitis, pneumonia, tuberculosis? Why not do something to prevent trouble? Or are you too busy to keep well? "A man too busy to care for his health is like a mechanic too busy to care for his tools."

Hike or walk daily outside of the city limits or in the hills. Cleanse the tissues with clean air. It is said that automobile exhaust gas hovers close to the ground or, at most, rises only about eighty feet. Get above this level and rejuvenate yourself. Many cases of thyroid troubles and goitres vanish simply by moving the patient away from the gaseous automobile centre in which he resides.

If troubled with catarrh or expectoration from the lungs, begin today with the following regime. Follow the

Daily Diet Regime, take the exercises as illustrated in this book, or get into the hills often for hiking. Possibly you will have to change your occupation if you are inhaling unhealthy gases. Sleep in a healthy atmosphere. Make certain that your other eliminative organs are working properly. Get that clean sweet breath, which comes from a sweet clean body, and you will realise what better health means.

LUNG TONIC

Onions or any of the onion family have a powerful stimulating effect on the lungs. Drink onion water, garlic or leek water or broth from any of the cooked onion family. Drink at time of coughing, soreness or tenderness in lungs. You may add eucalyptus, honey and drink hot. Australian honey taken from the blue gum is excellent.

COUGH SYRUP

For extreme coughing pour honey over some cut-up onions and let stand all night. Drink one tablespoonful of this juice every hour.

ASTHMA CURED BY BREATHING

Nature has produced a perfect breathing mechanism, by proper use of which health can be restored to many who have been pronounced incurable. By my breathing exercises I have cured hundreds suffering from chronic catarrh of the head, of the nose, and of the stomach and chest. Asthma in its worst form has been permanently cured by these exercises. Some of you who had chronic asthma have come to me and in some cases one treatment has eliminated the trouble, after years of suffering, when medical treatment had proved useless.

Mr. R. here, brought to me a little boy who had suffered from asthma since birth. When I saw him breathing I told him that the boy was not breathing properly. I put the boy on to the proper form of breathing and in no time he was completely well. From a thin, emaciated weakling he became a strong healthy boy. God's gifts are simple. Natural methods have been disregarded and injections substituted with disastrous results. These artificial methods do not cure; they only kill.

Another little boy was brought up from Durban. All medical treatment failed to help. One treatment and proper breathing, however, and his asthma disappeared. There are other cases. You yourselves know of many more and that in itself should be encouraging enough for you to follow my instructions. You all know Mr. P., who is sitting there among you. His brother came to me in a bad state of asthma. He was also much overweight. With the first treatment I put him on the proper way of breathing and he got relief at once. I reduced his weight from 240 lbs. to 198 lbs., and now he is a new man. Yet all the treatments and injections he had previously had, did not do the slightest good.

We find that most people who suffer from asthma are either intercostal or clavicular breathers. A contraction of the bronchial tubes is caused by the contracted form of breathing which is carried subconsciously to the nervous system controlling the action of the lungs.

You see an asthmatic person coming along, and this is the way he breathes (Demonstrates). Immediately he breathes from the diaphragm the tension goes.

Picture in your mind the correct way of breathing and examine yourself to see if you are breathing in a contracted way. If you are, correct it at once.

Natural breathing is a cure for asthma. I have known people who have suffered from asthma all their lives, and in a short time natural breathing has completely cured them. You know that asthma is more of a nervous than of an organic nature. The entire respiratory organism will respond to the method of natural breathing; the maximum amount of air is derived from the minimum amount of energy expended. You will find that your chest cavity will increase, and breathing become easier and more natural.

I want you to understand that breathing is not a forced or abnormal thing. On the contrary it is one of Nature's automatic principles. I want you to practise the natural breathing, because only by practice will your mind lose the habits created by civilisation, and take on the habit that Nature intended.

Most people breathe wrongly. I will come around amongst you to prove what I say is true. (Out of 250 students only twenty were breathing correctly.)

Once a girl who was emaciated came to me. She had been in hospital for eighteen months. Every conceivable thing had been done for her. Vitamins, injections of different types of food and treatment had been tried without avail, and she was going down more and more. When she came to me the first thing I saw was that she was breathing half-intercostally and half-clavicularly. I said to her: "You cannot absorb any food into your body until such time as the cell-structure of your body is filled with oxygen. The cell-structure must be filled with oxygen before you can absorb any food. How much water do you drink?" "None," she replied. (A dried-up prune, no water, wrong breathing.) Under my treatment she picked up six pounds in weight in the first two weeks, and now she is back to normal health.

This is common sense. I defy anybody to beat Nature. Throw away new-fangled methods. Nature only is the sure and safe way.

The other day a baby was brought to me, it was breathing wrongly. The mother said: " How can I teach the baby to breathe properly ? " I showed her how to go to work. I put one hand on the chest and one on the stomach, and guided the stomach breathing up and then down, for a few minutes. I said : " There you are ! " The mother was amazed to see the child breathing properly.

Without proper breathing you know that your blood will become impure, your stomach and your organs of nutrition will suffer. The food you eat requires to be oxygenated before it can be digested and assimilated ; therefore, the more oxygen you can get into your system the healthier you will become, and the best way you can obtain oxygen in its free state is by breathing.

The nervous system requires oxygen and energy, and the brain requires oxygen and energy. By proper breathing your brain will become clear ; you will lose many of the petty troubles that irritate you. Not only will the natural breathing do what I have said, but also it will massage your organs, such as the liver, stomach, and glands, and will stimulate their natural action.

I know from experience that breathing heals nervous irritations. Try it and see what it will do for you.

BREATHING FOR HEALTH

How to cleanse the Body : Stand erect, inhale a complete natural breath. Now hold the breath, clench your fist, contract the muscles of your arms and legs, then let go and exhale slowly. This has the effect of sending the blood from the extremities of the legs and arms to the chest cavity, and the exhaling will get rid of a great deal of waste matter. After doing this two or three times you will find a cool, sweet feeling all over your body. This is the result of cleansing the system, and it is done by a simple method of driving the blood from the extremities into the chest cavities. Immediately you contract your muscles you drive the blood into the chest cavities and by doing so the blood is oxygenated.

To Cleanse the Blood : Take a deep natural breath, at the same time raising up your arms to a horizontal position ; then drop your arms by your side loosely ; hold your breath as long as you possibly can and then exhale vigorously through the open mouth. The blood is cleansed by holding the air in the lungs for a considerable time. This gives an opportunity for the blood to be fully oxygenated and give up its waste matter. The vigorous expulsion of the air through the mouth has the effect of cleansing the lungs. This exercise is similar to the one I showed you in the last lecture, except that you hold the breath for a considerable time. It is an excellent breath for cleansing the blood. You will find your skin become moist, with the result that it tends to clear up skin troubles of long standing. You must hold the breath for some considerable time. When you raise your arms fill your lungs to capacity ; then hold and expel vigorously.

How to expand the chest : Stand erect, take a deep natural breath, retain the air, raise your arms in front of you, fists clenched ; then throw your arms backwards and sideways, as far as possible. Do this several times, but do not overdo the exercise. You will find, by doing this, that your chest will expand an inch or two in a very short time. You retain the air while doing the exercise. When you take a deep breath, swing the arms forwards and backwards as long as you can keep the breath. This expands the chest.

How to stimulate the nervous system : Stand erect, inhale a deep natural breath, retain air, and with your arms by your side perfectly relaxed, gradually contract the fingers until your fists are clenched ; then contract the muscles of your arms, followed by your shoulders down your chest to your back muscles, down your legs to your feet, then gradually relax your fingers, arms, chest, back, legs and exhale. You will find your nervous system will be vitalised. This exercise stimulates the nervous system and your nerves become like steel.

NOSE BREATHING v. MOUTH BREATHING

People ask: " Why should we breathe through the nose and not through the mouth? " Nine out of every ten people today are ignorant about this. We find many in all stages of life, even people who should know better, breathing through their mouths and allowing their children to follow their bad example. Children who are allowed to breathe in this manner grow up with an impaired system and a weakened constitution. *Watch the animals;* they do not breathe through their mouths. When you were a baby you also breathed through your nose; and if you do not do so now, you have probably followed the example of your elders or were not told of the dangers to which you were exposing yourself. Many cases of chest colds are due to mouth breathing and often these are contracted during the night. We breathe with our mouths open in front of an open window, allowing all the cold air to pass into the lungs without being heated and cleaned by the filter supplied by Nature. You have in the nostrils a protective apparatus or dust catcher which catches the dust and foreign matter in the air. Not only that, but the air is warmed by the mucous membrane which is richly supplied with blood, and taken into the lungs at a proper temperature. But when you breathe through the mouth all the dirt and grit enters the lungs, and the air passes into the lungs at a low temperature, which is often the origin of chest troubles. When the air is expelled through the nostrils the carbon dioxide kills any bacteria, and it takes with it the impurities which have been gathered from the air during the inhaling. Not only this, but the mucous membrane of the nose requires a certain moisture which can be obtained only by the warm air breathed through the nose. Therefore, gladly use this instrument Nature gave you.

When the air enters the lungs through the mouth it is similar to dirty water which naturally clogs the lungs, causing an extra amount of energy to be sent to the mucous membrane in the lungs, and this organ sets up a condition of phlegm to get rid of the impurity. This is why some people are continually spitting up phlegm. Although the reason given is not the only explanation of phlegm, it is one of the main reasons.

You realise now the vital importance of breathing properly, and if you perform the exercises I have given, you will find great benefit from them. These exercises are not difficult or complicated, and they are not strenuous. Some people do more harm than good by strenuous exercises for the lungs.

There is an exercise used in a Nature clinic in Switzerland called the " lung stimulator." It has a tremendous effect in the early stages of tuberculosis. Patients have to go out in the morning into the fresh air and breathe through the nose. The body is free from clothing except a towel round the waist. They face east so that the sun's rays strike on the face and the chest. The patients take a breath, hold it, and at the same time gently tap the chest. One can keep on doing that half a dozen times or more. In cases where there is not too much haemorrhage, this exercise stimulates the cells of the lungs that have been clogged and dormant. Tapping causes the air to pass into the air passages and stimulates the cells of the lungs. It should be done very gently at first and increased as one improves. It has a tremendous effect on all chest troubles.

God has created an instrument that is perfect and man has spoiled it by unnatural living. Go back to Nature and follow the methods I am showing you. Before very long you will be healthy and strong.

LECTURE IV

Life Energy—The Nervous System and Its Functions—The Solar Centre of the Body—How the Cells Group Together—A Constant Change in Life—The Secret of Creation—Are Vibrations the Secret of our Inherent Power ?—Controlling the Cell Life Within—The Different Cells and their Duties—How the Cells Overcome Disease—Increasing the Production of the Cells in the Body—Continuous Activity in Cell Life—Beautiful Scenes in Nature (The Secret Chambers).

WE dealt with breathing in our last lecture. Tonight we are going to discuss the Life Energy, without which the physical body cannot operate. We will deal also in a concise form with the nervous system and cell life.

Every movement of your body, even the wink of an eyelid, necessitates energy, and without this energy being carried to the particular areas required no function could be performed.

ENERGY is a Universal Principle, and physical and mental energy is derived from this principle. It underlies the whole of the Universe. It is this Principle of Energy that is seen in all things. We may consider it as the Active Principle of Life. It is found in all forms of life from the amoeba to man, from the most elementary form of plant life to the highest form of animal life. It is found in all things having life. It is found in every atom ; it is the life of the atom ; without it the atom would not exist. It must not be confused with the Divine Spirit . . . it is what we will call the Divine Energy. It is the Principle that is used by the Divine Spirit and can be directed and controlled by the spirit and by the mind. This energy is known as Vital Energy. I shall want to deal with it again in this Lecture because it is the energy which is required for every movement of the body. This energy is in the food you eat, in the water you drink, in the air you breathe. In fact it is the energy that enables everything to move. It is Vital Energy. It is responsive to your consciousness. It responds to your consciousness and it will act for you, provided that you direct it properly.

This is what I want you thoroughly to understand. When you, the "Immortal I," direct the mind to extract this vitality or Energy Principle from the food you eat, it is actually extracted. As I have told you before, Mind is positive to Energy and Energy is positive to Matter. Energy is in all forms of matter, and yet it is not matter. When the mind is directed to absorb the energy from the food you eat and the water you drink the Intelligence obeys you, the atoms of food are released, the energy is absorbed by the system and carried through the nervous system into every cell of the body. You see thus that we have an organism that is controlled by a mighty Intelligence which will obey you, when you are aware of the fact.

This energy is in all forms of matter ; it is not matter, but the force in matter. It is in the air we breathe but it is not one of the chemical constituents of the air ; it is in the food we eat and in the water we drink, but it is not one of the chemical constituents which, when combined, make the food and the water. It is in the sunlight, yet it is not the heat nor the light rays. It is the Energy in all these things. These things but act as a carrier. This is a great truth to remember.

I wonder if you can realise the power of the atomic energy in that glass of water. Think of the mighty atom, the countless numbers of them in that tumbler of water, and when you drink a mouthful of it you extract the energy from it. Not only that, but I can magnetise this water. I hold the glass in the left hand and with the right over the surface of the water ; I concentrate on filling the water with energy. Now, here are two glasses; one of these I will magnetise, the other remains as it is. Afterwards, I want several of you to taste both and see if you recognise any difference.

(Several students sampled both and recognised and declared the marked difference. Miss V. . . , for instance, stated that the ordinary water tasted flat and the other tasted like champagne. Doctor remarked amidst laughter: " Beware it does not go to your head." Very soon after this Miss V. feels it in her stomach; others feel as if their body is charged with magnetism.)

What has been demonstrated to you is a method used by the Yogis of India. It is what is called magnetising the water. People drinking that water have recovered from ailments that have baffled physicians, and when this water is kept in a blue container in the sunlight it intensifies the magnetic content of the water. The Yogis use this to a great extent with patients they have never seen, with miraculous results. Blue is a positive colour and its vibrations are magnetic. In the healing arts there is so much that years would be required to learn it all.

When your mind is directed consciously on the extraction of this Energy you absorb a greater supply which is stored away in your nerve centres, just as electricity may be stored away in batteries. In certain forms of deep breathing, with a conscious knowledge of the extraction of Energy, one can make oneself very powerful; in fact this is one of the basic principles, and it is used in Magnetic Healing.

WESTERN SCIENTISTS HAVE NOT MADE ANY EFFORT TO EXPLAIN THIS PRINCIPLE, AND YOU WILL NOT FIND IT IN MANY BOOKS. This energy is absorbed by the nervous system in the same manner as the oxygen is absorbed into the blood. When you are fully charged with this substance your concentration of Thought Power becomes a different thing altogether from the concentration of the ordinary man and woman in the street. Most people who study psychology do not know the basic principles of thought projection. Projection of thought is weak when it is not charged with this vitality. A thought projected charged with Pranic energy accomplishes what it is sent forth to do. With untrained people there is little or no power in their thought.

Now I will demonstrate to you thought charged with Prana or Vital Energy. (Doctor looks at a student who has a pain in the shoulder. Instantly the pain disappeared.) Most people disbelieve these things because they have not seen them done, but now you know that they can be done and greater things than these will you do if you will practise with faith. It is by this means you gain the power to heal. Now, you know that what I am telling you is of great importance. I want to make you realise its importance.

When you are drinking water, know what you are doing; when you are eating, know what you are doing; when you are thinking, know what you are doing. When you are consciously aware of absorbing energy you do absorb it, because it obeys you. Most people are not healthy because they are not charged with Vital Energy.

To make the process of charging with Life Energy more effective one may imagine that the soul is breathing in the Life of the Spirit while inhaling, and while exhaling that the Life is being diffused into every cell in the body. This is one of the secrets of Spiritual Healing, and it has been explained to you already.

THE NERVOUS SYSTEM AND ITS FUNCTIONS

We will deal now lightly with the nervous system, and later we will go into more details.

The nervous system of man is divided into two great systems, the CEREBRO SPINAL AND THE SYMPATHETIC SYSTEMS. The CEREBRO SPINAL SYSTEM is the system which is contained within the cranial cavity and the spinal canal. This system presides over the functions of sensation and volition. It attends to seeing, hearing, tasting, smelling, and feeling. You use it as an instrument to think, to set things in action, to manifest your consciousness or thoughts in the body. It is an instrument with which you, the " Immortal I," communicate with the outside world. Your brain is the central office, and from this central office an immense organisation of telephone wires are spreading out to every cell in your body. You, the " Immortal I," are seated in the chair of authority.

Your brain is a mass of grey matter or nerve tissue. It is divided into three major organisations : the cerebrum which occupies the upper part, front and middle portion of the skull ; and is known as the larger brain ; the cerebellum, known as the smaller brain, which fills the lower portion of the skull ; and the medulla oblongata, which is the knob of the spinal cord and lies in the front of the cerebellum.

The cerebrum deals with the thinking and acting directed by the Consciousness, and the Intelligence carries out your orders. The cerebellum deals with the mechanism of the body, circulation, glandular secretions and heart.

A few weeks ago, Mr. R. brought to me one of his patients. She could not speak ; her tongue was paralysed. I reflexed the nerve leading to the tongue and the tongue shot out and from that moment she could speak quite well. She had been afflicted for a whole year and had had all sorts of treatment without result. Through the cranial nerves the whole area of the body can be reached.

What surprises me is that the medical profession has apparently not made itself acquainted with this wonderful method of reflexing.

We can compare the medulla oblongata with that network of wires which we see on entering a telephone exchange. Each wire has a covering, and each nerve has a covering having contact with every sinew and muscle in the body, just the same as the exchange itself has contact with every one of its subscribers. From this central exchange several nerves branch off to parts of the head, to the organs of speech, to the thoracic and abdominal organs, and to the organs of respiration which have a contact with the sympathetic nervous system.

Suppose you want to lift your arm, you only have to think to lift your arm. The mechanism comes into operation controlled by the Intelligence which causes impulses in the brain cells to take place. These impulses set up an action, and energy is released through the nervous system to the muscles controlling the arm.

Say, for instance, that the area in the brain controlling the arm was affected through a haemorrhage and you could not get the necessary impulses to lift the arm. Yet nature can remove this haemorrhage in time by natural means. People should therefore realise the importance of living healthy lives, because the blood feeding every portion of the body must also feed the brain cells. Worry and anxiety cause the blood vessels surrounding the brain cells to be gorged with blood, and when these burst it floods the cells.

The spinal cord, which fills the spinal canal, is a long mass of nerve tissue like wires similar to the cables that leave the exchange and go to the various substations. This mass of nerve tissue branches off at each vertebra on its way down the vertebral column and contacts with the different muscles and organs throughout the whole system. Thus the brain and mind is in contact with every part of the body.

The SYMPATHETIC NERVOUS SYSTEM consists of two chains of ganglia, one on each side of the spinal column, and we find, throughout the head, neck, chest, and abdomen, a glandular mass of nerve matter made up of nerve cells. These are the subsidiary power stations, or the subsidiary brains of the sympathetic nervous system. Throughout your whole body you will find this ganglion mass of nerve tissue. The pneumo-gastric nerve has ramifications throughout the whole thoracic and abdominal cavity and it controls the whole of the viscera. The area across the abdomen is so important in healing, for the simple reason that the vagus nerve can be reflexed and stimulated from this area. One German doctor whom I knew was emphatic on this method ; he got wonderful results from the massaging of the abdomen, and I know it to be true. In a number of cases I have found that pains and aches have been diagnosed wrongly : such pains and aches are caused by a stagnant condition of the mass of nerves, this mal-condition causing inflammation and contractions. When the pain disappears the mental side of the trouble (which is often 50 per cent of the trouble) also disappears and the healing action is set in motion. Many patients have been operated upon unnecessarily and are never the same again. Yet through Nature's way and understanding of natural laws most of these untoward conditions will disappear. Practise every morning this friction exercise on your abdomen. It will help to keep you healthy and take off " some of that fat."

The ganglia on each side of the spine are connected to the cerebro spinal system by what are known as motor or sensory nerves. From these little brains or substations of ganglia, numerous fibres branch out to the organs of the body and the blood vessels. This sympathetic nervous system controls practically all the involuntary processes such as respiration, perspiration, digestion, nutrition, circulation, heartbeat, cell life, and breathing. These are the involuntary processes of the body and are controlled by the sympathetic nervous system. The solar plexus is the abdominal brain, with two masses of nerve tissue, one on each side of the column. When a person gets a blow on the solar plexus area it is deadly, because it is in proximity to the abdominal brain.

The abdominal muscles should be strengthened by simple exercises. Exercises are most important so long as they are done with an understanding of what you are doing. Most people do not understand what they are doing and therefore they do not put their mind into what they are doing. When we come to the exercises you will see what I mean.

THE SOLAR CENTRE OF THE BODY

The most important organ of the sympathetic nervous system is the solar plexus. The solar plexus is the brain of the sympathetic nervous system, or the solar centre radiating energy; therefore the solar plexus is the storehouse of energy, supplying energy, life, to the various sub-stations. We can look upon the solar plexus and its substations as similar to the Universe with the sun giving off energy and life to the planets. The solar plexus is a most important organ and can be developed by deep breathing exercises, as I have already explained to you.

The sympathetic nervous system is really the main organism through which the Universal Mind manifests and you are a centre of consciousness in this Universal Mind; therefore the sympathetic nervous system is at your command as well as your cerebro spinal system. You are the " Immortal I " and you must assert your mastership now. You know that your physical body is built up of cells. Incorporated in these cells are life and intelligence which control the action of the cells. Although the cells have an independent action, yet it is subordinate and automatic. The Intelligence is ready to obey orders given consciously, superconsciously and subconsciously, when you realise and recognise your authority. Thus you must recognise your authority and clearly realise that you are Master, and that your body cannot master you. Most conditions of the body are brought about by the violation of one or other of spiritual, mental and natural laws. These conditions have no power of their own except the power you give them; yet whenever a condition develops you worry about it. The more you worry about it the worse it becomes. The more you try to heal yourself while worrying about your condition the worse it becomes. Consequently you create the vicious circle. It is the Truth that you require. The Truth enables us to understand our conditions. Realise that there is the Divine Whole and that the Divine Whole is expressing harmony through you. It is the desire of the Divine Will that a perfect state should exist in your mind and body; and there is nothing to prevent it coming into fruition except yourself.

Each cell has an independent life. You may indeed liken yourself to a cell in the Mind of the Creator, having independent action, yet controlled through the Supreme Power. The cell in your body has independent life, yet it is subordinate to the control of yourself, and it draws from you the supply for all its needs, just the same as you can draw an inexhaustible supply from your Creator. Recognise the importance of what I have said; let it sink into your mind. The cells take their substance from the food you eat, the air you breathe, the water you drink; and this is done by the Intelligence that works through the whole of your body. Each and every cell has independent action; it works on its own account; it knows exactly what to do. Leading into it is the small capillary through which the blood carries the nourishment, and also a "dendron," a life wire, through which the life energy flows. Without these the cell could not exist. It absorbs what it wants, rejects what it does not want, and throws off its waste matter.

The cells of your body are controlled by the Intelligence which responds to the direction of your Consciousness. So we can aid the Intelligence by believing in it and encouraging it in its perfect action, or we can retard it by negative thinking, by worry and wrong living.

How the Cells Group Together

The cells arrange themselves into a group of Intelligence, forming individual organs in the body. These organs, which have a more complex nature than the cell, are subordinate to the control of the higher self. When the Soul departs from the body the cells tend to separate and scatter and go to make up different forms of matter. They become free to go their own way, forming new combinations. Some go into the body of plants, others resolve back into their atomic elements. When the Central Power is taken away and the holding-together action is released, we find that the individual Intelligence within the cells is sufficient to enable them to create new combinations.

Here then we see building-up by Nature. We take from minerals and vegetables, and the air, the necessary materials to replenish the cells that are built into our bodies. These cells have intelligence and are controlled by the higher Intelligence working through our system; they are carried to the parts of our body where they are required.

A CONSTANT CHANGE IN LIFE

Change in life is taking place continuously. There is a building up of new conditions, whereby the essence of experience is extracted, making for new and better conditions. I have already referred to Nature's destructive and constructive processes, which are really one and the same thing, but it is fatal to us to engage in the destructive side when we could and should be engaged in the constructive. In Nature there is a building up and a tearing down, and the same process goes on in your body. All worn-out material is thrown out, new material is being built continuously. If we knew the complete process and held on to that process we would find that even life in the body could be extended many years. But we pay no attention to this work of Nature. We do not even try to understand it. We waste our time in useless things.

THE SECRET OF CREATION

The Law is that the Creator thinks all creation into existence. He lays the plan, as it were, and weaves the pattern in His Mind, and the thing comes into existence. Then after the essence or experience of that particular creation has been absorbed and taken into Himself, and the Creation being of no further use, disintegration sets in automatically, and the disintegrated matter goes to make up further creations of a higher and better nature.

Usually when we engage on a plan we lay down our ideas constructively and begin to weave the pattern, but before it is finished we set into operation the destructive. Consequently such work is never a success, because we begin to destroy before we have half completed. We begin to doubt ourselves, to doubt our ability to complete what we had started on. In other words we violate the Law and consequently we fail. Nature never disintegrates before she has finished her creation. Spring, summer, autumn and winter complete the cycle of the seasons, and this cycle repeats itself year after year. This outer manifestation reflects what is taking place in the inner nature. Nature completes her task by producing the fruit, then rests in order to begin again.

We must remember that when we want success we must lay our plan and weave the pattern to completion. Unfortunately many doubt themselves, thus failing before they begin. Therefore, remember always to lay your plan and weave the pattern to completion. Never mind if there might be a slight flaw in the weave or not ; that does not matter. You will extract the essence of your work only when it has been completed, not before. This same Law prevails throughout the whole Universe. Your mental and physical manifestations come under this Law, as does the external world. It is this habit that we must develop in our everyday life so that we may be in tune with Nature. Never leave a task half done ; otherwise it will weaken your effort. Things half done have no value at all.

ARE VIBRATIONS THE SECRET OF OUR INHERENT POWER ?

The cells of your body also have the three principles of mind, energy, and matter. The matter they obtain from the food that is eaten ; the energy is taken from the Principle of Energy and also from the food we eat, the water we drink, the air we breath. The Intelligence is the mind stuff derived from the Universal Mind Principle.

Every portion of your body is in vibration ; not one part is at rest. From the very cells in the enamel in your teeth to the mucous membrane in your bowel, from the cells in your brain to the atoms of mucilage in your bone, all vibrate in harmony at their own rates of vibration, at the command and under the control of the "Immortal I" within.

CONTROLLING THE CELL LIFE WITHIN

The greater part of the action of your body is controlled by what is known as the instinctive mind. This instinctive mind is sub-conscious and is the mind which understands the working of the various organs of the body. It is a part of the Universal Mind, fenced off, as it were, for your own benefit. This subconscious mechanism functions through the lower brain, the cerebellum and the medulla and also through the sympathetic nervous system controlled by the Intelligence, therefore your sympathetic nervous system is affected by your thinking as well as the cerebro spinal nervous system, which is but the elongation of the brain.

Through your whole body there is an Intelligence functioning under the control of the "Immortal I."

The laws on which this mind works are the laws laid down by the Creator long before man came into existence; but as man is Spirit and is positive to mind, man is really a part of the Divine which caused the laws to be put into operation. What a triumph it would be if only we could realise that man has control over this Universal Mind to a certain degree, at least to the extent of his own sphere. When we realise the truth of our own Being, we become aware that we are the individualisation of the Infinite Life, and that the Divine Consciousness in us is the only power. By our own consciousness we realise the awareness of the Divine Principle and by doing so it releases the Divine Energy through our being, eliminating all conditions.

THE DIFFERENT CELLS AND THEIR DUTIES

The cells are constantly working, carrying out efficiently the several duties required of them. A multiple number of different kinds of cells are working in the body, many of them independently. Some of these "independent" cells perform the work of carriers of food, some act as police and protect the other cells; again, some are set as soldiers to fight the battles for the whole body, and others are stationary, remaining in a quiescent condition until required, when at a summons they manifest action. The nervous system is made up of cells. The nerve cells are in close contact with each other and carry messages from cell to cell at an amazing speed to the brain. When the body needs help, and when we know the law of mind in action, a message is sent through all channels. Just as God hearing our prayers direct, He sends His mighty aid to us through the medium of His angel messengers of the invisible, and sometimes of the visible world; so is the body helped when we respond to its call in a positive manner. We have intelligence in every cell of the body. The red corpuscles act independently and intelligently; they assimilate iron, and when charged with this wonderful element they attract the oxygen from the air in the lungs and carry it to the cells of the body, which are then charged with oxygen, to assimilate the food we eat, thus the whole body is stimulated into action. There are also cells which carry away the refuse of the body, which refuse passes out of the body by means of the excretory organs such as the skin, kidneys, lungs and bowels. The whole organism is continually in action intelligently, from the very cells right up through the major organs, and working as one whole to keep the perfect balance in Nature.

HOW THE CELLS OVERCOME DISEASE

Millions and millions of cells are in the body; it is estimated that in one cubic inch of blood there are more than one hundred million cells. There are the red blood cells which float in the arteries and veins, carrying the oxygen from the lungs to the tissues in the body, returning with the waste product which is pumped into the lungs and given off in the form of carbon dioxide. There are also cells which carry food to the various cells of the body; and, too, there are the cells which are the policemen and soldiers. These protect the system from germs and bacteria and are brought into activity when the body is diseased; a fight then takes place and many of the cells are killed in battle, but they eventually overcome the enemy. The dead bacteria and their own dead are then carried to some part of the body and thrown out.

Think of the wonderful Intelligence that is going on working all the time. Now we see that Nature is always endeavouring to do her best for us but we do not give any help. We break the Law continuously and yet we expect to be well and have success and happiness. These things are obtained only by the application of definite Laws; certainly we cannot get them by continuously breaking the Laws.

That is exactly what I want you to see, that when you understand the body, and its working, you will pay more attention to the body and more attention to the natural laws pertaining to it.

INCREASING THE PRODUCTION OF CELLS IN THE BODY

Cells are born and cells die every second. They reproduce themselves by enlarging and sub-dividing, forming two individual cells, the nucleus of the original cell being split in two. These two cells then have independent intelligence taken from the nucleus or proton, and this action goes on incessantly in your body.

When the sperm and ovum unite they become one, and after this process has been completed it divides in the centre and makes two cells. These two cells have the same intelligence. They divide and make four cells and so on and so on. From the one cell all other cells are built up. The Intelligence in the first place that existed in the primary cells where the Divine Design existed is outpictured by the Intelligence through the multiplication of millions and millions of cells. The organs and the complete body are built up and the manifestation is complete. The inner is the cause of the outer and will remain after the outer disappears.

This opens the door to a Mighty Truth and those who can fully comprehend its meaning will receive strength and enlightenment. All cells are born from the original cell and were first animated by the merging of the sperm (positive or male) with the ovum (negative or female).

In all active life there must be a positive and negative before animation takes place. The original cell divides at its nucleus (its consciousness or intelligence) and these two nuclei then become the directing and animating power of the first two cells. These cells duplicate the same process with great rapidity, and millions of cells are born, all having an extension of the original consciousness of the first cell, showing that there is only one consciousness or intelligence animating the whole body. That, I hope, is plain to you now.

Just as there is only one consciousness animating the body, so there is only one consciousness animating humanity—the Consciousness of God. We are all one, but our belief in separation has caused the strife in the world. We are just cells in the Mind of the Creator, and as harmony within the cells of the body gives peace, health and happiness, so will we have peace, health and happiness in the world when we have harmony within the cells of humanity. This will come only when we realise the oneness of the Eternal Life and Consciousness within all. Our nearest neighbour will then become our sister or brother; and the nations of the world, the organs of the body of humanity, will live in peace and harmony and God's ideal for humanity will then exist on earth.

We are the microcosm of the great macrocosm. The same law must exist in us as exists in the Universe. We are a Universe unto ourselves, every cell with an independent life, all having its direct control from the "I" within, "I AM THE LIFE," "I am one with the life of the Universe." In other words, "I and the Father are One."

Continuous Activity in Cell Life

Every part of the human body is undergoing constant change; the tissues are being constantly renewed. It takes about four weeks to replace skin that has been either burned or destroyed, about four months to replace a finger nail, and about six weeks to knit a bone thoroughly. All these are made up from cells. The knowledge of cell life gives us a better understanding of Nature and her work.

Beautiful Scenes in Nature (The Secret Chambers)

Now let us suppose that your body is injured and that the tissues are torn. The blood vessels, the glands, the lymphatic vessels, the muscles, the nerves, and the bone are affected. The nerves at this particular point carry the message to the brain calling for immediate help. The instinctive mind then comes into action, and messages are sent here and there all over the body; the workmen, the policemen and all the different kinds of cells are rushed to the scene. The blood is pouring forth from the injured part and strives to wash away most of the foreign matter there; coming in contact with the outside air, it coagulates and forms a substance similar to glue, covering the wound. Then we see the Intelligence at work. Tissues are built up, blood vessels are re-built, the nerves are reconnected. New cells are built by the millions and are sent by the blood stream to the wound; and so the terrible gash or torn surface of the body is turned into a beautiful, orderly scene by Nature.

Think deeply and realise the importance of the healing work that is going on in your body. If I do not bring these things to your attention you will never realise how important they are. It is the knowledge of them that will make you co-operate with Nature as you should. We generally leave undone the things we should have done and we do the things we should not do. That applies to nearly everyone.

This brings us face to face with the mighty Intelligence which prevails throughout all Nature. Nature sometimes draws the curtain aside and offers us a peep into the Secret Chamber, but we unwisely do not heed her invitation.

Now that we have seen the action of the cells at work I want to remind you that it is absolutely necessary for the three principles of mind, energy and matter to be in unison before a cell can perform its duty perfectly. Mind creates the energy that is acting through matter. As in the small cell, so in the great Universe; the same Laws prevail everywhere. Do not forget this fact.

The cells are used as building bricks, and food is the mortar. Without the proper material the cells cannot build; so pay attention to the way you live, to what you eat, to what you drink, and to how you think, because your negative thoughts interfere with the Instinctive Mind and hinder the progress of the work. If the food you eat is of an inferior quality the body will then be built up of an inferior material. It works both ways. You must put in before you can take out. Have faith in your instinctive mind, give it encouragement, ask the Universal Mind to help you, allow it to flow through you, suggest to yourself that you will be strong and healthy. Believe, have faith, and your instinctive mind will respond immediately. Remember that you are the master. I AM THE LIFE. Hold on to that Truth always and see God working in and through you and always remember that it is the Divine desire to outpicture the perfect design that remains eternally within you.

LECTURE V

Relaxation—Tension and Relaxation Exercises—Posture.

NATURE teaches us how to rest perfectly. Notice the little child, how it relaxes its arms and legs and body into a complete state of relaxation. Animals and children relax naturally and by studying their methods we gain a great deal of knowledge especially about natural relaxation. If we can get ourselves back to the ways of the infant we shall find ourselves becoming healthier and happier.

The nervous system is overtaxed by our reactions to the conditions around us. We are living in a fast-moving world and it is necessary that we should relax our overtaxed nervous system; otherwise we are heading for trouble. No matter what you are doing you should have a period of relaxation every day. Begin by relaxing your arms and limbs, and follow with the body, neck, and head. Think of your arms and limbs in a state of perfect relaxation and you will find that the body follows. One method I have found very effective is to withdraw mentally the energy from the limbs, which leaves them in a limp state. Bring it back from the limbs into your body and then from the body to the head, so that your body feels in a complete state of relaxation; then send a message to the arm or body and you will probably feel a slight quiver. Withdraw to the top of the head or to between the eyes. Feel that you have yourself under control. When you get a perfect state of relaxation breathe easily and deeply. Deep breathing soothes the nervous system and calms the mind. Diaphragmic breathing is conducive to a state of relaxation, and should always be practised when lying on your back on a couch.

Then you can charge yourself with energy. You feel that your whole body is charged with life energy by deep breathing. As you inhale feel that you are absorbing life energy, and as you exhale feel that every cell is being charged with life. Most people are moving all the time drumming with their hands and feet. This means a loss of energy and lack of control. If you find that you have any of these habits dismiss them through relaxation and get yourself under control.

The following is one of the finest exercises and one of the simplest and easiest to do ; I call it tension-relaxation exercise. It is an exercise that everybody should and can do, one that the healthy and sick alike may do without strain.

We definitely know that lactic acid neutralises nerve acids. We create a great deal of lactic acid by exercise of the muscles but most of it is used up by the exercise and therefore we are not conserving any lactic acid that can counteract the acids created in the nervous system. Every person creates acid in the nervous system in various ways by mental work, excitement, and emotions. We create acid conditions in the nervous system. Neuritis is an example of this. Lack of drinking the necessary amount of fluids hinders the flow of nerve energy, for without the necessary fluids acids form in the nerves. Acid formation in the nerve causes pain by pressure on vulnerable points. Pressure on the root of the sciatic nerve may cause a pain in the ankle, yet the trouble is in the lumbar region.

Lactic acid nerve injections are being used for the insane and mentally sick. It helps to restore the natural state of the nervous system. Those who are nervous, emotionally upset and suffering from nervous depletion are those who have forgotten to take care of themselves. The majority lack the knowledge of how to take care of themselves; they are engaged continuously in earning a crust, and they rush here and there. After the day's work is over they seek the best means of amusing themselves. The great majority of people never attend lectures or try to uplift their minds and it is this majority who lack the necessary knowledge. You students may consider yourselves fortunate because you are obtaining knowledge beyond price. But there are thousands and thousands who are not so wise. Yet this one exercise alone would relieve untold misery. The race would become more balanced. Those who are mentally overstrained would regain control of themselves when the necessary amount of lactic acid was supplied to their nervous system. Relaxation makes one alert, relieves the tension from the brain and nervous system. The cat tribe relax instinctively and are the most active when alert. The boxer has greater strength and activity in his arms when he has learned how to relax.

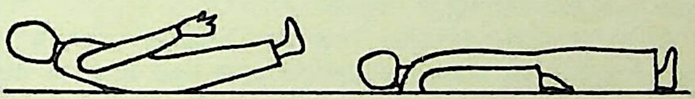
Lactic acid is produced as an end product of muscular metabolism. The fact is that most of the lactic acid is used up in muscular action and none is left for the nervous system. The usual exercises if done vigorously for a long period will give you strong muscles, but an eventual breakdown of the system often takes place. It is those who know how to take care of themselves who live to a ripe old age.

Now, lactic acid may be compared to the calcium in our food. It gives us the energy to accomplish physical expression. It helps to neutralise many of the juices in our body. However, in producing lactic acid from muscular activity we also produce fatigue poisons.

By the Tension-Relaxation exercise which follows we produce the very smallest amount of fatigue poisons and the greatest amount of lactic acid in our system. You become 100 per cent stronger in one year. You can remove pains from any part of your body by learning to tense the muscle around that congested area. To move any one part of the body is known as relaxed tension.

TENSION-RELAXATION EXERCISE

Relax the whole mind and body. Then lie in this state for sixty seconds. Stretch out your hands, raise your body, make an effort to touch your toes, at the same time straining every muscle in your body and then relax again. Tensing should take only a few moments; the relaxation should take considerably longer. The way to do it is to tense, counting up to ten, then relax, counting up to sixty, and then again tense (counting ten), again relax (counting up to sixty). Carry this on for five minutes.



Tensed Muscles Relaxed

This simple exercise has a tremendous effect; you feel charged with vitality, mentally and physically. You feel your brain clear, and many of the pains you have in your body will disappear. When you tense a particular muscle or area of your body you squeeze all the acid out of it. The poisons are eliminated out of the tissues; at the same time lactic acid is created and the nerves become replenished.

For cases of infantile paralysis, muscular atrophy, spasms, insomnia and similar troubles there is no finer exercise than the tension-relaxation exercise.

We know that most of the glands of the body are dependent upon a squeezing action to create circulation and for a release of the hormones from within. Remedial exercises will be given later on, for the stimulation of the thyroid glands and other glands in the body.

Through the circulation of the hormones throughout the system the thyroid gland is one of the main glands for this purpose. The hormones are taken up by the bloodstream and are carried to the other glands, which are set in motion. The Divine mechanism of the body is a perfect machine and works intelligently.

We know that the lymph glands in the body are dependent upon tension for the release of the lymphatic fluids, and this can be best accomplished through this exercise. Where you have pains there is interruption in the nerve current ; acid formations are mostly responsible for this by interfering with the flow of nerve energy. Without nerves you would not know whether you have acid in your body or not. Rheumatism is a form of acid, and the nerve tells that something is wrong.

This tension-relaxation exercise takes only a few minutes in the morning before you rise and at night before you go to sleep. Try it out. It will also remove much of the material that collects around the abdomen. It will give you that streamlined figure you have been looking for !

THERAPEUTIC RELAXATION

Relaxation is quite a different thing from laziness and loafing. The one is a science which makes one more active and energetic, the other is waste. It is necessary to get complete relaxation once or twice every day. In the office, when you have a moment to spare, completely relax yourself ; lie on the couch and relax thoroughly. You will find, to your great surprise, energy springing up within you. After you have relaxed start running your mind over your body, directing energy to the different parts and remembering that you are the Central Power and have control over energy. Send an electric current to the extremities of your body, up and down your spine to your brain, your eyes, to the back of your neck to your heart, and to your abdomen. By this means you can overcome excitability and irritability of the nervous system resulting in the removal of many nervous troubles which had been pronounced incurable.

In all types of healing, relaxation is one of the main pillars upon which you can rely. It has cured many troubles that have resisted all other means.

Most people have a habit of constantly keeping themselves on edge, their nerves in action, their muscles tense, caused by an uncontrolled mental state. Now by my method you gradually get yourself under control without any effort whatsoever. By sending messages to every part of your body, to your eyes, your mouth, your throat, your abdomen, your intestines, down your spine, your arms and your limbs, you are able to get yourself under control, and that control becomes natural. It makes you well poised and gives you complete command over yourself. You will be the master, not the slave. Most people are slaves to various conditions in their body. Their body is always troubling them, from morn till night. One can overcome this condition by proper relaxation and a proper directing of the energies to different parts of the body. I have known people who have been very, very sick, and have overcome their troubles and become entirely and completely well under my direction in relaxation.

It is the Divine Plan that the Spirit within you should manifest perfectly, creating harmony and peace in every portion of the body. Watch yourself carefully do not get into a rage or become emotionally upset. People who get emotionally upset at every little thing accumulate acid conditions. If acid conditions already exist they are intensified by such negative reactions.

People may be at ease and perfectly comfortable, but when something annoys them, they become emotionally upset, and pain starts to shoot here and there, proof positive that it is caused by their emotional reactions.

Sometimes toothache will start from a shock. An emotional upset may cause pains in any part of the body. One should keep oneself under control, and relaxation is one of the easiest and surest ways to ensure this.

Make a habit of bringing your body under control. Some people make an effort to get themselves under control, thereby creating a reverse action. It is easy to get yourself under control by this simple method. Sometimes when you find you cannot get yourself under control the conditions seem to master you ; you make a strong effort to get yourself under control with the result that you then intensify the conditions because in your mind the idea regarding them is dominant. When the idea of your trouble is dominant in your mind the energy which you use to eliminate the trouble is often directed towards it and stimulates it. By my method you overcome your trouble without effort. Your mind is directed into positive action. Think of each part of your body, withdraw the energy from it mentally, then charge the part again mentally. Do the same with all the organs of the body until you feel you are in touch with every portion of your body, recognising the fact that "I am the Master and not the slave." Your body will obey you because it is the instrument. The subconscious mind will obey you when you know you are master.

When travelling in a bus or a train relax yourself. Do not keep yourself on edge all the time—your muscles tense or your fists clenched—you are simply wasting energy. Even driving a motor-car you should be in a complete state of relaxation, your mind alert but completely relaxed so that the touch of your hand on the steering wheel moves it without effort. You can then travel for many miles without being tired.

I demonstrated this truth. I crossed the United States twice, about three thousand miles each way. When I left Canada I went to Detroit where I bought a Dodge car. For the first thousand miles I drove that car very easily, going only up to thirty miles per hour, but on the last day of the journey I did eight hundred miles in one day—which takes some doing after one has been driving for six consecutive days previously. It shows you what one can do in a relaxed state. When I stopped the car I got out quite easily but my sister could not move. Although going fast in places, sometimes up to eighty miles per hour, I felt quite fresh. You see the difference between one in a relaxed condition and one in a taut, tense condition. The roads are wide concrete roads and you can go along there at quite a pace without even knowing that you are travelling fast. My sister was afraid, her nerves were on edge all the time and at the end she could not move, but I was just as supple and easy as when I started. That is relaxation. Some people are always driving the other fellow's car ; they sit beside you and you can feel the foot going on the imaginary brake at every turn. All the time they are on edge and when they come to the end of their journey instead of having enjoyed the trip they are like a wet rag. Anyone who drives the other fellow's car is always in a nervous tension. Relax mind and body.

Some people have a habit of continually tapping with their hands or feet. This is all wasted energy. When you carry out my instructions by consciously relaxing all your muscles and then consciously sending energy to the extremities, you are automatically and unconsciously getting yourself under control without any effort. It is the natural sequence which follows this exercise. Now you will see my point. I am sure you have often tried to get yourself under control when agitated yet have failed.

Why? Because you could not get that relaxed feeling. When you practise relaxing each part of your body as directed, your mind is taken away from the cause of the agitation and is directed towards the process of relaxation and naturally you get yourself under control automatically and your mind and body become free from tension. This is the secret. You cannot be tense and relaxed at the same time. By this exercise you bring yourself under control instantly and automatically without effort. The mind tends to follow the line of least resistance. First we make a track, then we make a ditch and then we are buried in it. But by the same mode of action, if you watch carefully, you will find that you will very soon get out of the ditch and be free, entirely free, for now you will be the master and not the slave.

A man understanding relaxation and the conservation of energy always accomplishes the best work. He has a power in reserve and he directs this power to his objective. It is not wasted nor thrown away. The person not understanding the Law uses up probably fifty per cent more energy than is needed and does not do as good work, because he does not understand the laws of relaxation and the laws of conservation and of directing energy. Direct your energy to constructive emotions, keep your mind always on the alert. Should you find yourself being overcome by any strain or emotional reactions, immediately start deep breathing from the diaphragm. If you find that you are giving rise to a particular state of emotion when someone or something upsets you, begin counting, it takes your mind away from negative conditions until such time as you do get yourself under control. And then through this method you will get yourself under control automatically and instantly. It is a matter of practice, a direction of energy into constructive channels. I am giving you easy, simple, yet efficient exercises that you can do, and through your life be an example to others. You can perform these exercises any time and in any place with marvellous results.

You can always recognise negative people immediately you come into contact with them. They make exaggerated statements, they talk about themselves, what they have done and are doing. They scandalise other people, even their best friends. In one breath they will tell how they love you, and at the same time say something against you. They seek sympathy by weeping how badly the world is treating them—the martyr type ! They may claim that they are free and have control, but their actions belie their words. Yet many are fooled by this type. You have seen these people, haven't you ? Then see you do not become one of their type ! They have not got themselves well in hand, either mentally or physically.

Then there is the mental side as well as the physical side. Immediately you find yourself thinking in this direction, stop ! Negative thinking creates tension, positive thinking creates relaxation. A sense of peace and harmony enables you to relax and get a true grasp on yourself. A sense of emotional strain gives you tension and falseness. Watch your thoughts carefully, watch your body until such time as you can get it under control, and then through practice and habit it becomes your obedient instrument.

If there is a negative attitude it will increase every time you allow it to manifest. If there is a positive attitude you will increase it every time you concentrate upon it. We know that conditions in the world today tend to make us think or act negatively, and we actually have to pull our thoughts away from this negative attitude and direct it towards the opposite. Immediately you practise this and recognise it to be true there is a subconscious activity in the mind that becomes aware of the fact and responds instantly, thus refusing to allow a negative attitude to be assumed.

The cat is one of the quickest animals on its feet. Why? Because it practises perfect relaxation, and when response is needed it comes instantaneously. When a person is taut, response does not come instantaneously because there is a continual waste of energy which prevents alertness. Try this out for yourself: Lie perfectly relaxed, on a chair, then immediately bring yourself into action, springing forward. You will find that without any effort you can come into action. Sit down in a taut condition and endeavour to bring yourself into action, and see the difference. The action is sluggish, there is not that defined alertness. The reason is that instead of conserving your energy for the purpose of movement you have been dissipating it by the contraction of your muscles; consequently you have not the energy for quick action.

Let this be a lesson to you. Use it in your daily life, both physically and mentally.

When you think of a happy thought, your face tends to smile; and it captivates others. You feel happy when another person smiles, don't you? Then get happy thoughts in your mind and let them beam all over your face. If you seem to be unable to think happy thoughts, then still smile and before long you will get happy thoughts too.

Just imagine that you are creating the nicest smile you ever created, think of some pleasant recollection; think of a baby smiling and gurgling or something that has brought you great happiness. The reaction upon yourself will surprise you. I have come to the conclusion that when one gets into a violent temper one is temporarily insane. It is a form of insanity, and continually allowing an emotion such as anger to fire up within oneself turns to some chronic disease or insanity. We can overcome our negativeness by applying the mechanism of physical action that tends to make our emotions react towards the positive.

For instance the other day I had a man who was paralysed for some time. He could not move his leg. I immediately started to move his leg up and down and kept it going for ten minutes. When I took my hand off his limb very lightly his leg kept on moving up and down. That is reaction. If it were not for the physical reflex reaction his mind would still be in the negative state, and would probably remain paralysed. But with the reflex action his brain and mind responded. The brain cells came into action and a current of energy was sent into the muscles.

The mind very often is assisted by physical action just as the mind is stimulated by proper thinking. The brain is a mental substance of a lower vibration and the mind a mental substance in a higher vibration. One acts upon the other.

When our minds are overpowered by a negative condition in our lives we must exercise our understanding to bring our minds back towards the positive side, thus enabling us to overcome the negative conditions which sometimes overwhelm us in the ordinary way of life. We are unable to think constructively because these conditions which seem to overwhelm us get first place of importance in our lives and become negative reactions. Instead of seeing the truth about things we build into our lives worse negative conditions. Every emotional state of anger, fear, jealousy, tends to break down the system. Joy, happiness, wisdom, love, and truth *build up the system.*

The people who are most powerful are free from bluster and threats. Strong personalities never boast nor bluster, never threaten. Their works live. Strong personalities do not need to boast, and they do not talk about themselves or to themselves. Most people talk to themselves while they are talking to other people; they are trying to convince themselves that they are A.1. people when they are nothing of the sort. That is why they boast and bluster. The strong man neither boasts nor blusters to his friends. If you have a feeling of inferiority within, get understanding and your personality will develop.

One of the best ways to relieve yourself of negative emotions is by practising these exercises. They are simple but they accomplish much. They have been proved to be the best, and I give only the best.

These things may seem simple to you, but the simple things are the great things. Truth is in simplicity. If you do not obtain relaxation in the first one or two trials, carry on; you will find that you will improve gradually, getting complete control of yourself. No one can have himself under control unless he is free from negative action and reaction. Your mind and body may be working under the most strenuous circumstances, yet by practising positive reaction you will overcome your circumstances.

Practise night and morning the stretch and let-go exercises—these tension-relaxation exercises. You can tense for about ten seconds and let-go and relax for sixty seconds. All the poisons will be released from the cells of your body and the blood will be forced into the extremities and then relaxation comes naturally. Carry in your mind the LET-GO idea. Give your mind a rest by raising your thoughts high, imagine that you are lying in the bosom of the Universe, that you are floating on a sea of Energy. Keep your imagination high and you will find a peaceful condition coming into your mind. Something may happen to you. You may enter into new realms of thought, you may come into contact with forces you have never experienced before. Do not be alarmed; you are perfectly safe. You eventually will reach these regions and by this method it is easy. When you come back to your body you will find yourself a different person. You can then rise and stand straight up, your head erect and your shoulders back. Let your arms hang loosely by your side. Take a deep breath, and at the same time raise your arms gradually to a horizontal position, also rising gradually on your tip toes; then slowly exhale, allowing your arms to go down, palms turned downwards and dropping down on your heels, and you will have a feeling of power. You come in contact with forces that you had never realised were in existence.

POSTURE

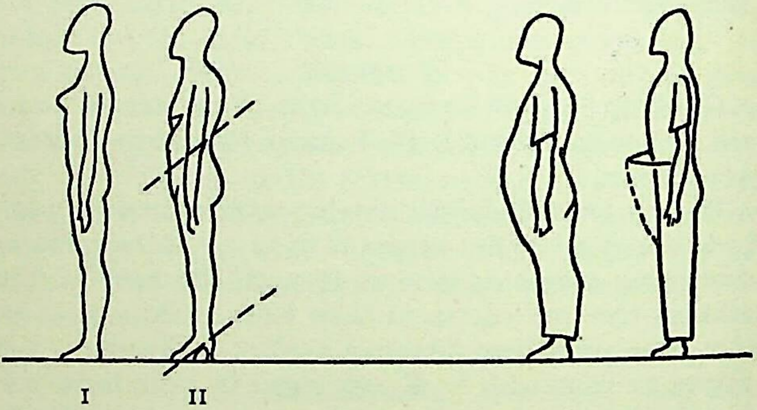
Check up on your posture tonight. First you ask yourself: How do I stand? Do I slump, stoop, lean forward or backward?

Do you know that you develop spinal curves in your body that you are not supposed to have? A baby starts developing curves as soon as it starts life here. Great athletes have no curves in their backs. Do you know that your prominent "Adam's apple" is caused by the curves in your back? Every organ in your body will function better when you have the perfect posture. Every muscle in your body will become stronger. The position of your organs is most important in maintaining health. When the position of the organs is put out of place your health is impaired, and proper posture brings your organs back into place. One of the secrets of good health is to have a straight back (see Fig. I below.)

For instance, we draw a line down (see Fig. II) and we will see where it goes. You will notice your lungs, your heart, your liver and your spleen and intestines are all out of place. Posture like this throws everything out. In many cases it is caused by women wearing too high heels. Heels that are too high cause the back to curve in throwing the pelvic organs out of position. You wonder why your toes get out of position and you have bunions. The fact is that the whole of your weight is thrown on to your toes.

When you were a child you loved to take off your shoes and walk on your bare feet. When you are young, Nature tells you what to do, but when you grow up you tell Nature what to do.

As you rest you become more relaxed when you have the proper posture; and when you walk, you will be using



your muscles properly and will not be using the muscles in such a way as to cause fatigue. People with bad posture use up too much energy. Fatigue then takes place and acids are built up in the system. Posture means good health. These simple lessons are the best because they give you a knowledge of what you should do. All over the world people have learned that by following these lessons on health they have cured themselves, when all other means have failed. With proper posture you will find that your arches will be better and will give your feet perfect comfort.

Our spinal column is about four inches thick at the base of the spine. If you have an extreme curve you force the internal organs out of the pelvic pocket. When the organs get out of position in the abdominal cavity irritations are set up in this region. The organs protrude and sag and produce that bay-window effect. If you have a bay-window you have an abnormality that causes backaches, headaches, stooping shoulders, slumping, fallen arches, sore legs, tiredness, fatigue, prolapses, or fallen organs. Stop to think for a moment where the upper abdominal organs will go if you force the lower organs four or five inches out in front of you and off the pelvic floor. Commonsense will show that these prolapsed intestines cannot do the natural work they were intended to do. Trying to work food, or food waste, unnaturally up and down, with in-and-out abnormal crevices, is one of the main causes of using up much of our body energy without accomplishing definite results. Constipation is due to these fallen organs and many meals must be had to force a bowel action and a movement from pressure and expansion of the bowel. Fallen organs press on the kidneys and on the bladder, causing one to get up at nights. Fallen female organs produce the monthly abnormalities so many women suffer from.

The following is the manner in which you should get into your new posture.

You stand against the wall with the heels, buttocks, shoulders and head touching the wall. Put your fist in behind the lower back—this is the space (in which you put your hand) that must be removed. Learn how to move the hips forward to take out this lower curve so that the whole spine touches the wall. Put your hand on the stomach and lower back when moving out the lower curve and observe how the organs fall back into the pelvic pocket. Practise this so that you always walk and stand with a straight lower back. This should take very little effort as you do not have to pull up the stomach with any conscious effort. Forget the stomach and concentrate on a straight lower back. When you can walk this way with the chest slightly elevated, the abdominal organs automatically fall back into their normal position. Keep doing this until you walk this way all the time.

This exercise has cured many difficult ailments, proving its value as a basic principle of health. If you are in doubt about it get a demonstration from me at the clinic.

LECTURE VI

Care of the Skin—Beautifying the Skin—The Sun, What it is and How it Affects Us—Sleep is Nature's Rest.

THE skin is probably the chief eliminating organ we have. It is essential, therefore, that we look after it.

The skin is one of the most important organs in our body. We remove about 2 lbs. of waste material through the kidneys, and 2 lbs. of waste through the lungs, each day. But the skin eliminates more than any of these organs; in fact, about 5 lbs. out of every 8 lbs. of waste passes out through the skin when it is in perfect working order.

A dry skin means a skin that is not functioning properly; a healthy skin has a slightly oily surface. The waste matter coming from the skin by test is found to be made up of the same material that comes from other eliminative organs. This process of elimination is hindered a great deal by the clothing we wear, such as tight belts, tight collars, garters and other forms of clothing that interfere with proper elimination. The best form of clothing next to the skin is linen airtex. When air circulates over the skin the pores have an opportunity of exuding the poisons through invisible evaporation.

Sometimes the pores are clogged and it is necessary to understand how to remove this condition.

Underneath the surface of the skin there is a mass of blood vessels and glands. The blood vessels carry the waste substance to the glands and the glands absorb it and make it ready for elimination through the pores. The walls of the small blood vessels are thin enough to allow this waste material to pass through the glands, and the glands then eliminate it through little tubes we call the pores of the skin. There are about three thousand of these little tubes to every square inch in your skin. All these little pores are continually exuding substance. When the skin is dry and caked on the outside it closes up the pores.

To make the skin more active it is necessary to give the skin friction. A successful method that I have used is to rub the skin every morning and night with a dry Turkish towel or a dry stiff brush. Dry massage of the skin is one of the best means of stimulating the skin and eliminating the poisons. We will call this a bath, for it is really a bath for the skin, and it will do more to make the skin active than any wet bath, and will eliminate more waste material than any soap or water. After becoming accustomed to the dry rub it would be well to buy a flesh brush. Even a scrubbing brush is satisfactory.

Sandow the "Saxon Giant," who performed almost incredible feats of strength, had a skin of velvety softness that many women might envy. Part of his training to keep fit was the regular use of a hard coarse flesh brush bath. Catarrh can leave by way of the skin through this bath. When you stir up the skin you bring blood to it and excite the nerves of the skin. In the skin there is a mass of nerve tissue which links down into the glands as well, and when you excite these nerve ends of the skin you also excite the glands and make them throw off their waste matter. You find also by this excitement that the blood comes to the surface. It is the blood under the skin that tends to come up to the surface, and through the pores the waste is eliminated.

I have known people to be cured of acidosis and catarrhal trouble during a good hard brush of the skin. Acidosis is taken care of best by skin brushing. Use the brush without water. With this home treatment the skin will be stimulated to function better. Circulation will improve, the skin will actually be softer, and health will improve. Use regularly every night and morning, starting at forehead, working down over the eyes, along the nose, cheeks, chin, ears, neck and body, and finally the feet. Use a firm rotary movement covering the entire body. You do not have to do it too hard at first. Start gently and increase each day.

If it is possible, get as much fresh air to the body as you can. If you cannot get your body to the sun every day, try and get air to it. You can stand at the open window or go about the house naked. You can use a loin cloth if you wish.

The sun and fresh air awaken the glands of the skin and the internal glands which give us the pigment or tan. Do not over-expose the body to the sun because it can be harmful. Some people over-expose to the sun and find that they actually do more harm than good. Some people cannot take too much sun, it is therefore necessary to start very carefully, say half-an-hour to begin with and increase each day. To be in the sun a whole day for the first time is looking for trouble. The stirring up of the body cells is overdone, throwing too much poison into the bloodstream. This is carried to the organs of elimination which are not in a fit state to cope with the excess waste and it is thrown back into the body. A gradual process of exposing the skin to the sun is essential but to the fresh air you can never expose your skin too much.

We have all experienced the feeling of having on very little clothing when at the beach. Even the oldest person then feels young again, and this is the normal spirit of life. People wear clothes, but God did not make the clothes. He made the skin which is the natural cloth of the body. Woollen garments next to the skin are not healthy because wool will not absorb perspiration. Would you think of taking a woollen cloth to wipe up water from the floor? It is the same with the body. Linen is best; next best is cotton, and woollen materials are last. One can wear a woollen garment over a cotton garment if necessary, but wool next to the skin is not healthy

We know perfectly well that new life comes to us when we are out in the fresh air. At the week-end when you go out, take off your coat; if there is nobody near, take your shirt off too. See that you get plenty of recreation in the fresh air. Allow the skin to be exposed. Sand and salt water is wonderful for the skin. To come out of sea-water and lie in the sand is one of the best things you can do. People who perspire a great deal lose a lot of sodium sulphate and it is necessary to replenish the waste. Now, salt water is absorbed through the skin, in fact it helps to strengthen the skin as well. In some cases it is necessary to drink salt water.

When we have any skin disease such as eczema, psoriasis, pimples, or boils, it is a definite sign of internal uncleanliness. Begin living a clean life in every direction and the skin will clear up. People should watch carefully their diet and give their skin a good cleaning with the dry brush.

I remember a man who had suffered from eczema for years, coming to me; he was "covered" from head to foot. He had been like this for seven years. I asked him if he had ever had a sweat. He said no. I said: "The best thing you can do is to have a Turkish bath." He said: "My doctor forbids me to have a bath of any kind. I have to smear my body with this ointment." I rang up the attendant at the Turkish baths and told him to see that this man had a good loosening-up of the skin, and with natural treatment in several weeks he was completely well. The acids under the skin were eliminated, the pores began to function and proper elimination began. Natural means are always best, as has been proved.

Another excellent thing for the skin is oat-straw tea. It is extremely good for most skin conditions, used both internally and externally. It is one of the best remedies for dry skin. A dry skin or dry hair means a lack of silicon. New skin is underneath ready to take the place of the old as soon as it drops off, but the skin underneath can be no better than the blood from which it is made. Therefore, watch your diet. Make good blood, which in turn will make better skin.

Thus it is necessary to keep the bloodstream clean. Many skin conditions are caused by wrong diet. Eat plenty of fruit and vegetables and cut down your meat and starches. Fish is not good for anyone with skin trouble. If you are a meat-eater the best is a small portion of young beef slightly underdone ; no potatoes or starches must be had with it, but take vegetables and fruit in abundance. Plenty of fruit and vegetables and plenty of clean water, as you will very soon find, will give you a healthy skin and a clear complexion.

There is no skin condition that cannot be changed, made better, and in nearly every case cured, by the following of a natural living regime.

Many skin conditions are caused by nervous disorders, worry, trouble, anxiety, also from poisons in the blood. The nervous system is always affected by acidity. Intestinal putrefaction and sometimes certain forms of occupation also cause skin disorders. One must take certain recreations to compensate for the condition. If a person works underground it is necessary that he get plenty of fresh air, to compensate for the lack during working hours. We must compensate for our daily occupation. If you sit at a typewriter all day you cannot sit reading a book all night. It is necessary to recognise the fact that you have to make compensations to counteract the effect of your work. With this aspect I will deal more fully later on.

OAT STRAW TEA

Take half a cup of straw to 2½ cups of water, if the straw is coarsely ground. If finely ground use half the amount of straw. Boil seven to ten minutes. Contrary to most teas, oat straw tea may be boiled, as silicon is not lost by boiling. Strain and drink this amount daily. Add lemon to flavour, honey to sweeten.

It is silicon that you need in its natural state. This can be absorbed into the body easily by taking oat straw tea. It is already absorbed into the straw by Nature; it is extracted by boiling, and this liquid you drink.

Honey and lemon juice or grapefruit juice is also excellent for the skin.

An excellent healing salve for skin-trouble is one-eighth of a teaspoonful of garlic oil to one teaspoonful of lanolin. Mix well together. The best skin food for all skin troubles is Flora MacDonald Perfect Skin Food.

Strained tomato juice given in teaspoonful doses to a baby with infantile diarrhoea or skin trouble caused by intestinal infection is the finest thing in the world. Tomato juice contains calomel in its natural form. Calomel is a mild form of mercury and is extraordinarily good for the liver and the intestines. When I was in Australia a doctor came to me, saying that all his medicine had failed, and he told me that his child could not live another day. The child had infantile diarrhoea in its worst form. I told him to give his child strained tomato juice in teaspoonful doses frequently. In the morning the child had revived. These remedies are natural and can do no harm, but drugs use up the limited energy left in the sick body.

It is absolutely necessary that the skin should be cleansed once a day. Wash it down at night if you cannot have a bath; rub down with a wet towel, and in the morning give it a good dry brushing. When the skin is cleansed once a day the poisons of the body are excreted through the pores. If the dead matter remains on the skin the pores become clogged and the body does not get rid of the waste matter. Poisons are eliminated by means of the skin, the breath, and the kidneys, and if the pores of our skin are clogged we then overwork our kidneys, and the lungs may also suffer. A clogged skin is often the cause of kidney and chest troubles. I have told you that the pores are little canals which reach the surface of the skin; there are approximately three thousand of these to the square inch of skin, and they are continually exuding a moisture which is laden with impurities and waste matter from the system.

You know that the body is constantly tearing down tissue and replacing it with new substance. It must get rid of the worn-out material, and the skin is one of the main channels used. If the waste products are allowed to remain in the system they act as a breeding place for bacteria and germs. It is not the clean healthy body that germs attack and live in but the body full of filth.

A healthy skin exudes an oily fluid which keeps it soft and pliable; in fact the skin is always undergoing change, just like any other part of the body. Although a great number of cells are rubbed off with the clothing there is always a large quantity left which can be removed by washing or scrubbing.

A little way back I explained to you the necessity of water. When you drink plenty of water it acts as a carrier for the waste matter which is thrown outside the skin. Therefore you should not only drink water to get rid of waste matter, but also you should wash this matter off after the water has carried it to the outside of your body. *It is most essential that the skin must be cleansed.* A lukewarm bath is the best. A hot bath takes the oil out of the skin. It is good to splash cold water on afterwards in order to stimulate the skin. A quick shower of cold water and a good rub down afterwards is an excellent means of stimulating the skin. You can rub your body with your hands from your head to your feet, this being a good exercise not only for your skin but also for the whole system. It is a wonderful exercise. Try it and prove it for yourself.

Beautifying the Skin

A beautiful skin must be an active skin. All the muscles underlying the skin must become firm. They will become so only through exercises and feeding them proper material from the blood. We spend twenty-four hours a day putting wrinkles in our faces, but do very little to keep beautiful features through right physical and mental living. We live in a world of blows, frenzy, disgust, and an attitude of being down in the mouth most of the time. After these wrinkles have been formed through inactive and unnatural exercises we come to the end of the day to see our reflection in a mirror. It is then that we find ourselves persons we would like to disown. After all, we have produced that person through our daily living, and we must live with him.

If your eyes have to strain every time they want to look at anything or read, certain deep wrinkles are formed in the corners of the eyes. Bagginess under the eyes is usually caused from a kidney condition, and in most cases improves as our body improves. Learn to live properly, according to the Daily Diet Regime.

TO TIGHTEN UP THE SKIN AND TO TONE UP THE MUSCLES, A LOCAL APPLICATION MAY BE USED AS FOLLOWS:

EPSOM SALT PACKS

Epsom Salt Packs are to be made from one teaspoon of Epsom salt to one pint of water. Apply hot wet towels and leave on until they begin to get cool. Pinch the face slightly afterwards. Follow this with Flora MacDonald Perfect Skin Food, the next best being one quarter teaspoon of powdered garlic to one tablespoon of lanolin. Apply in the evening and leave on all night. Many wrinkles in the neck can be overcome through neck exercises and Epsom Salt Packs.

SKIN DRESSING

As a dressing for the skin, use Flora MacDonald Perfect Skin Food or equal parts of lanolin and uncooked honey

FOR THAT YELLOW COMPLEXION

Drink plenty of grapefruit juice.

JAUNDICED SKIN

One glass tomato and *sauerkraut* juice every day for a week. Skip a week and then return to this drink again.

If you must use cosmetics, find a face powder and creams that are free of alkali, arsenic, sulphur, and various astringents. In most cases our body absorbs astringents, and their continued use causes irritation. Flora MacDonald's natural cream is a perfect skin food. It contains rich natural oils and special gland and herbal healing and beautifying properties.

You get the natural colour back in your face and lips from eating fully matured fruits and vegetables in their natural state. To get life and tone in the tissues, live the healthy way for a few months and note the difference.

Experience proves that the pores will get smaller, blackheads will leave, colour will come back to the lips and cheeks, and the eyes will have a beautiful sparkle. MANY GIRLS USE MAKE-UP, NOT BECAUSE THEY REALLY APPROVE, BUT BECAUSE THEY JUST HAVEN'T THE FACE TO GO WITHOUT IT.

THE SUN—WHAT IT IS AND HOW IT AFFECTS US

We are dependent on the sun for vitality. Without the sun we could not live. The sun puts vitality into the substance that we eat. It is Solar Energy which enables the earth to produce and maintain life. Although the sun is not the giver of life it is the means whereby physical life is made possible upon the earth. Really the sun is not a blazing mass of burning matter but a substance largely composed of atoms similar to radium. What radium is found in portions of the earth is just sun-material. We know what radium does ; it burns a hole in any tissue if it is left long enough, because it raises the vibration of the tissue beyond its natural vibration. It cures various complaints because it raises the vibration of the condition to the natural vibration of the body, but if left too long it can destroy tissue as well. The sun can eliminate a number of troubles in the body but at the same time the body can be injured by it if it is exposed too much to the natural heat of the sun. Many people develop sunspots on the skin, an irritation created by the sun's rays. Thus it obviously is necessary to understand how to use the sun wisely.

Energy is radiated to the planets surrounding the sun, just as the proton is the solar life of the atom. Without projection of protonic energy electrons could not exist, because the electrons are a part of the proton. So is it with the sun ; the planets are part of the sun, and without the sun, life on the earth would be extinct.

We are told not only by science but also by the Bible that, before our Universe came into operation, there was a void and out of this void heaven and earth were made. Science says that a nebula, moving at great speed, formed our sun, and the planets were part of the sun identical in operation to the atom, with its centre and units around it. So is the earth linked with the sun as the electron is linked with the proton. The earth is sun-material slowed down in vibration. Science also says that the earth was first a ball of fire, and that thus a vapour was created which became the cooling agent and, further condensed, became water which still keeps the earth in its natural state. Yet in the bowels of the earth is still a burning furnace.

Now, the sun rays are not really hot. The heat we feel is caused by the resistance of the atmosphere to the rays of the sun. We know that far above the stratosphere we would freeze to death, but, immediately the sun's rays touch the atmosphere, heat is created.

The sun itself is constantly drawing from the infinite source of Energy and Life, so that it can give off to the planets that are within its orbit. This proves to you, as I previously explained, that the air is full of this principle of Energy and we can extract it by definite formulae and by breathing. Some of these formulae I have already instanced. Do not be afraid of the sun; on the other hand, use it judiciously and wisely. Allow the sun, for instance, to shine into your house. It will brighten it up—and you as well! Stop the practice of running away from the sun; rather, get out into it. Open your windows at the top and at the bottom. The hot air goes out through the top; this causes a vacuum; and the cool air rushes in at the bottom, and thus fresh air is circulated through your room. Get out into the pastures and you will contact the magnetic flow passing from the sun through you to the earth. There is nothing better than lying in the meadows for health and rejuvenation, breathing the magnetism. An animal when sick goes away into the meadows, lies on the ground and eats grass.

It is good to lie on the ground occasionally, too, flat on your back. Throw your arms out and breathe deeply and think of Nature.

Early morning is the best time to obtain the sun-rays. You will see how beautiful and fresh the flowers look in the early morning and how dull they become in the evening. That is Nature, fulfilling the laws of the Universe. To know these Laws is of inestimable value. The sun and air are wonderful tonics. They are free to you. Therefore partake of them freely.

When you go out in the morning lift up your head and throw your shoulders back. Take a good deep breath of air: give out your thanks to Nature. You will then draw in more energy, and you will feel a benefit when you thank Nature because, by the very act of thanking, you absorb more of Nature's wealth. Thank Nature and you will feel her pouring her life into you. If you are troubled mentally or physically, go into the green fields, thank Nature, get hold of yourself. You can then think clearly. We think most of our troubles are insurmountable but you will find that wall is just tissue paper when you apply yourself.

I have had thirty years' experience among the people of the world, in every country. Again and again I can go back to those people to be welcomed with open arms, because I have been able to help them to health and happiness. May I impress upon you all that if you follow out my instructions you too will be healthy and happy.

Do not be afraid of fresh air. The more fresh air you can get, the more benefit you will derive. Do not be afraid of catching cold. Fresh air is one of Nature's best gifts to you. She intended you to use it ; so use it freely. Learn to enjoy Nature's gifts and she will bless you.

SLEEP IS NATURE'S REST

Many do not get the best out of their night's sleep. Some do not sleep well because they take their troubles to bed with them. Others believe they cannot sleep. I have also known people who believed they did not sleep a wink, yet they slept through the whole night.

Sleep is one of the most simple of Nature's gifts. To watch the child asleep in its relaxed condition will give you more knowledge on this subject than pages of instructions. But a few important facts are very helpful. The best hours of sleep are between sunset and midnight. This is the beginning of the negative period which ends at midnight. During this period it is the tendency for sleep to come easily.

You will notice that when you go to bed early you sleep soundly but if you awake you cannot get to sleep again ; you toss and turn ; you try to go off to sleep, but it seems impossible. Then you start worrying until it is time to get up. The way to overcome this habit is to lie, having a good rest, not caring whether you sleep or not. The best time for absorbing vitality is the first hours of the morning after sunrise, but the majority of people burn the candle at both ends—they stay out late at night and get up late in the morning. With civilisation as it is, however, we must do the best we can in the circumstances.

During sleep Nature repairs the body, and when she is given the proper opportunity of doing so you will be surprised at the result. When you go to bed tired yet happy, in the morning you feel quite refreshed. A few hours of perfect sleep has done the work. When the conscious mind is at rest the subconscious mechanism comes into operation because imposed upon the subconscious mechanism is the Divine Will, which demands that the body be restored during rest.

Always sleep in a well-ventilated room. Have sufficient bedclothes upon you to keep you comfortable. Some bury themselves under a mass of clothes—which is entirely wrong. When it is cold they put another blanket on top and another blanket on top of that, perhaps an overcoat on top of that, a scarf round the neck, and a balaclava over the head. You will be surprised, when you try it, how little bed clothing you can sleep under. Never sleep in any garments that you have worn during the day because there is a lot of unevaporated waste matter on them which the body has thrown off; so to sleep in such garments is neither healthy nor clean. Allow your head to be almost on a level with your body, just slightly raised; one pillow is sufficient.

You should relax every muscle and nerve. Cultivate the idea that you are allowing the bed to carry the whole of your weight. Start at your feet and work up through your whole body, relaxing consciously every portion of your body, and after you have done that then turn your mind to the beautiful things of life before going off to sleep. Think of your real self and your position in the Universe. Have calm confidence and trust in the Overruling Power; be like a child that relaxes in the arms of its mother. Take the tension off the mind and gradually you will drop off into a peaceful sleep. In the morning you will find yourself refreshed greatly. If your mind is in a worried condition, thinking of the bridges you will never have to cross, you will wake up in the morning worn out. A negative condition of the mind tends to reduce the nightly bodily repair. A positive attitude aids in building the body. The subconscious mind tends to outpicture the last conscious thought before sleep. Therefore think the higher thoughts. You can overcome a negative state by the proper direction of the mind.

To be healthy you must sleep peacefully. Sometimes bathing the legs and feet in cold water just before retiring brings on sleep. The reason for this is that the contraction of the blood vessels forces the blood out of the legs, and then the reaction takes place, creating a feeling of warmth. After a meal one naturally feels sleepy, because the blood passes into the stomach to digest the food and relieves pressure in the head. But if your food does not digest it sets up an irritation in the stomach which prevents sleep. The more you worry, the more blood goes to the head. A cold bath brings the blood to the feet, relieving the brain. The reaction creates a feeling of warmth ; the arteries are relaxed, and a more even circulation results. Sometimes concentrating the mind on the feet will help to direct the circulation to the lower part of the body and thus relieve the brain. The following method has been used, though I do not agree with it : " Relax, almost close the eyes and endeavour to keep awake ; the reverse action is created, and often brings on sleep. You are thinking of sleep but you try to keep awake and through the reverse effort you create sleep."

It is better, however, in my opinion, to follow the natural process than to create any complex situation, as it may lead to other difficulties. It is a means of taking the mind off what you are thinking about, towards some definite action ; you think of sleep and half close the eyes and try to keep awake. If the dominant idea of sleep prevails, then sleep results.

Some TRY to go to sleep. This is impossible. You can never sleep if you try to sleep. It is far better for you to assume a " don't care " attitude, believing that you are enjoying good relaxation in a half-drowsy state, at the same time suggesting to yourself that during the night your body will be thoroughly repaired and replenished. Suggest to yourself all the good things of life, building up these things in your mind. This will help you immensely and also strengthen your subconscious mind. Be an optimist, not a pessimist. The last thoughts before sleep are the ruling thoughts.

AUTOMATICALLY RELEASING THE REJECTED. CONTENTMENT BRINGS ON SLEEP

Lie in a relaxed condition and allow the mind to empty itself out. You will find things of the past that happened many years ago coming to the surface. Your mind runs out one thing after another and eventually you go off to sleep. This exercise brings the rejected things together with the accepted things and relieves you from dreams. Many dreams are the result of the rejected things desiring release, coming to the surface during sleep. If you lie in a relaxed condition and allow these repressions an exit, you will have a more peaceful sleep, and when you have done sufficient of this outcropping turn your mind to the higher things of life. Imagine you are lying in the arms of Divine Love and with peace of mind you will fall into a sound, restful and health-restoring sleep.

LECTURE VII

Power of Procreation—Mental Attitude Outpictured in Form.

THERE is a tremendous force in the creative power of procreation and very few people understand it. In fact many people abuse it mentally and physically, and it is necessary that I should draw your attention to this Vital Force because it is an essential factor in maintaining good health. No person, no matter who he or she is, can have that perfect magnetic personality when they abuse this principle of procreation.

We have a power within us that enables us to transmute all types of emotions, such as anger, hate, jealousy, envy, and we can transmute these emotions into constructive channels; and the same principle applies to sex. Sex is a subject of great importance; it is a gift of nature enabling souls to be brought into the physical world. We raise our consciousness to a higher realm of thought when we regard the power of procreation in this light; we spoil it by thinking it evil. Some abuse it by talking about it in a ridiculous manner, but the joke then is on themselves. When we think it is a power that brings souls into this world we look upon it from a higher point of view and see that this is purely a natural instinct. But man has brought his intellect into the functions of sex and has perverted the instinctive principle. The animals have this instinct in a natural way, but, unfortunately, some people ruin the beauty of the sex relationship. Proper sex relationship tends to elevate, strengthen, and ennoble, instead of degrading and weakening the participants as is the case with many who base these things on the lower plane. It is necessary that there must be complete harmony mentally, physically, and spiritually, then there is a joy that lasts, not a momentary excitement ending in nought. Souls coming into the world will have a better opportunity of choosing the right channels when mankind understands and cherishes this gift of Nature.

It is necessary always that Divine Love must manifest, and prayer should also be taken into consideration, because it elevates the mind and spiritually draws to you a suitable soul that can live in harmony with you. When there is Divine harmony between man and woman their offspring are bound to reflect that harmony. Marriage is a human law and does not always bring with it Divine harmony. But Divine Love is Spiritual and can bring about happy marriages. There are so many unhappy marriages today, the reason being a feeling of discord brought about by a misunderstanding. Unless we come to understand this wonderful function of sex we will never be healthy mentally or physically. Sometimes a husband or wife may rise to the higher plane of thought and find that his or her partner is unable to follow, which creates a rift. It is essential that they should understand each other from every point of view. You must remember that there must be mutual relations upon all planes, the spiritual, physical and mental; and they should bind and blend. The man and woman are then ennobled and strengthened. But when procreation is brought to the lower levels a great deal of energy is wasted. If performed, however, in the light of true understanding, health and strength, a happy union is maintained.

I would like to take both male and female to explain the perfect functions of this Divine Law, as understood by the Adepts. The Creator has seen fit to create man and woman with the Spirit of Love inherent in their being, and when this truth is Divinely understood we see no evil but on the other hand we see a perfect expression of the Law of Life.

It is necessary sometimes to tone up the reproductive organs. When they are weakened the entire system feels the reflex action and suffers in sympathy.

A good way of strengthening these reproductive functions is by breathing. Breathing in deeply, sending the energy to the reproductive organs, strengthening and fertilising them, and so giving tone to the whole system. This does not mean arousing the passions, but the strengthening of the power which will enable you to keep an even balance. Sexual control does not mean sexual weakness, but sexual strength. Persons who have sexual control are strong, and their offspring are always healthier as a result. As a matter of fact this sex energy can be transmuted to develop the mind and the personality of the individual, and all who follow my instructions in the transmutation exercises will be benefited even beyond their expectation.

We see then that this life force that is breathed in by the breath is directed to the organism you have in mind, and immediately the organs become strengthened and vitalised. A tremendous amount of energy is in this area, because it is the centre of the kundalini.

Reproductive energy is creative energy, and can be taken up by the system and transmuted into strength and vitality. If young people were only advised of the underlying principles and truths of this great Power they would be saved much misery and unhappiness in after years, and would be stronger mentally, morally, and physically. Nature has condensed one of her most powerful manifestations into reproductive energy for the purpose of creation. The greatest amount of vital force is concentrated into the smallest space, making the reproductive organs the most powerful storage battery in the human system. It would be a boon to everyone, especially the young, if this were common knowledge.

If the thoughts of sexual instinct come into the mind one should not repress them nor be discouraged but get to understand them. People have come to me and said: " I want to be spiritual but these thoughts come into my mind." I say: " It does not make any difference to the Spirit. It is good that you recognise your thoughts but they rise from the Instinctive plane and are not evil unless you make them so. Remember Divine Love raises your vibrations to the highest form of creative power and in true love there is the spiritual, mental and physical blending of this great power of creation, then transmutation comes naturally without effort. But if you repress those thoughts, thinking them evil, your subconscious mind will reproduce for you what you think."

Procreation is a natural gift and not something belonging to the devil, as some people appear to think. If it was an attribute of the Devil, you would all be devils now, and you are very far from that, I can assure you; otherwise, you would not be sitting studying these lessons! Rather regard it as a manifestation of power which you intend to use for another purpose, either for the strengthening of your mind or your body or for expressing yourself in art, literature, healing. Lie relaxed or sit in a relaxed condition and fix in your mind the idea of drawing energy from this great storage battery that you have at your command, a store of mighty energy waiting your call; draw it and direct it to any particular part you wish. By drawing it up to the solar plexus, the solar plexus distributes the energy to other parts of the body. It is the main nervous organ that controls all the involuntary actions of the body. Breathe rhythmically forming the mental image, and with each inhalation imagine that energy is being drawn up from the reproductive organs. As you exhale, imagine that the energy is absorbed by the solar plexus and is being transmuted and turned into reserve power. If you do this properly you will feel the stimulating effect over the whole body. If you desire to increase your mental power you can draw it up consciously to the brain instead of the solar plexus. You will find the mind becomes more powerful. You can use this energy as you wish, in healing, in teaching, in art, in music.

The great magnetic power you use is really the power that belongs to the reproductive organs. The voice that has enthusiasm in speech or song, the roar of the lion, the roar of the stag, is nothing more than the expression of that energy in life, and how mighty and wonderful Life is! It is the recognition of Life's true source that lifts the mind so that our thoughts are held high and we find ourselves strong, healthy, happy, full of love, of rejuvenation, full of power. When we feel love going out to one another, it is none other than the Love inherent in the Divine Principle in mankind, the whole body vibrating with Divine Love. He or she who has a lofty mind, freed from evil thoughts, reproduces only good in his or her life.

OUR MENTAL ATTITUDE IS OUTPICTURED IN OUR FORM

To be perfectly healthy and happy one must cultivate a bright, cheerful and happy attitude. This, as I have already explained, reflects itself in the normal functioning of the body; and the opposite emotions of hate, worry, jealousy, anger, depression, react upon the body and produce inharmony and eventually disease. You will have observed that when you receive cheerful news and are in a happy frame of mind a normal appetite is promoted; but, in reverse, when you receive bad news and are in a depressed state of mind there is a total loss of appetite.

Our mental attitudes are really mirrored in ourselves; our subconscious mind accepts these conditions and retards the proper functioning of the body. If one is depressed, one's body soon reflects the mental attitude. One's emotions of hate and worry, jealousy, anger and depression react upon the circulation, which in turn must deprive the body of its proper nourishment. Inharmonious thinking destroys the appetite and consequently our body suffers accordingly. We plainly see that our state of mind affects the whole body, especially the digestive organs, and when the digestive organs are affected food is not properly digested. Glands secrete healthy juices when in a happy contented state, but when emotionally upset these glands secrete a poisonous substance which affects the whole system. Even a child should not be forced to eat its food when in a state of emotional disturbance. I have seen lots of stupid parents standing over a child to make it eat its food. When grown to adult life this child will HATE THAT FOOD. Is that not proof positive of the harm that an ignorant parent can do?

But, on the other hand, when you are optimistic and cheerful, the digestion is increased, and the circulation is stimulated. You know that anger in a mother poisons the milk and the babe becomes cross, irritable, and sick; but when the mother's mind is happy, joyful, and cheerful the milk is pure, and the child laughs and is happy. The child absorbs the vibration in the food just as you absorb the vibration of thought. Therefore I suggest to you to repeat often the words: BRIGHT, HAPPY, CHEERFUL, LOVE, JOY, PEACE. Do not say I am "this" or I am "that," but just repeat these words, feeling their meaning. BRIGHT, HAPPY, CHEERFUL, LOVE, JOY, PEACE. Endeavour to manifest these words in the physical action. Do not only say them but act them, and you will find yourself stimulated both mentally and physically. I have told you before that the body is the temple of the spirit and that you are the master; the "I AM" is Master of your mind and body. The spirit works through the most elementary forms of the Mind Principle, up through the many stages, until it reaches the higher manifestation of the mental principle in us. Sometimes we interfere with the duties of the Subconscious Mind by sending it messages of ill-health and inharmony, fear, doubt, and misery, when maybe our bodies are already suffering from some trouble or other. Instead of sending the Subconscious Mind messages of harmony and health we send the reverse. By sending messages of harmony and health we eliminate troubles. The intellect, as a matter of fact, endeavours very often to get away as far as possible from Nature, but it is your duty as Master to bring the intellect back again to Nature, so that your Instinctive Mind, your Intellectual Mind, and your Intuitional Mind, will act in harmony together, when your rejected self and your accepted self will become as one.

I looked through a Health Course the other day that a student had brought me. The exercises were totally opposed to Nature and Nature's teachings. No doubt the author who drew up these exercises believed that they were wonderful—without his even considering the fundamental principles of Nature. Now this is the cause of much harm, and many sick will never get well. We have to get back to Nature, to let Nature be our guide. We must build upon Nature; we must let our thoughts be natural, our actions natural, our foods natural, our ways natural.

The intellect must be brought into line with Nature. Learn to trust your instinctive mind about your body. Free your intellectual mind from confusion, fears, and conflicts, let your Intuitional Mind guide you into harmony, and then your rejected self and your accepted self will become as one. What I mean by your "rejected" self refers to thoughts and emotions that you have suppressed, thoughts and emotions that you are afraid to look at. That particular part of yourself that you thought was evil you tried to throw outside yourself—but you could not. All the efforts you made to throw it away were futile; it still stuck to you. Had you not better take it up now and have a look at it, seeing it in its true light? When you see it in its true light, you will accept that particular part of yourself not as evil but as a Divine Creation.

I want you to realise that there is something in you that attends to the wants of your body. Your intellect cannot duplicate the feats of this wonderful intelligence within. Learn to trust this mental principle as a friend, giving it encouragement to do its work, and as we advance along in harmony we shall unfold many things within ourselves. Our intuition will lead us through the stony paths to Nature's way and we will find good health and with it happiness. One should believe that the spirit prevails in everything, manifesting in the physical, or rather through it, as well as in the higher mental states. All is Spirit. There is nothing but Spirit.

The great knowledge of the Ancients, the Wisdom of the Gods, lies in the understanding that there is but one Being and one Substance in Creation and that out of that Substance, out of that Being, all things have been created; all energies and all activities, whether spiritual or mental or physical, must have their source and foundation in that one Being. Therefore, we find that the body is the temple of the Spirit, and is Spiritual substance. The only difference is in degree of vibration. When we recognise that the Spirit permeates every portion of our whole being, our consciousness becomes aware of something beyond the ordinary physical life with its trials, tribulations and troubles in a world torn by the strife, greed and selfishness of man. These things hold us and make us negative, but if we lift our thoughts to the higher plane and bring positive action into our lives, we change.

You can eat and drink with the Spirit, as well as think with it, and if you do this you will have the best in life. Understand that you are a spark of the Divine Flame, a drop out of the ocean of Spirit ; that you are a being, growing, developing, unfolding ; moving forward to a great goal ; and then the urge is always upward and onward. Form an idea of a perfect body and endeavour to live so that it will grow accordingly.

Return to Nature. Allow the great Life to flow freely through you. Let the Power do its work for you. All it asks for is confidence. You will find that, within you, you have the power and the plan that have been placed there by the Creator.

Your soul is evolving and returning home to its great Majesty and Power. Therefore recognise that you have this Power by which you can accomplish many things. It has lived in this physical body, it has gained experience in this world, you have met many fellow-travellers on the same road, you have conversed with some and loved others, and you may have hated too. The fact is that hates and jealousies create destruction in the temple of the Spirit where Love and Joy and Peace and Harmony with your fellow-men bring positive action that gives you strength, health and happiness.

Therefore, within you is this Power, by which you can accomplish many things. By placing your will in contact with the Creator your will and His will become one : and great will be your reward. Have a true understanding of

Nature and allow the Divine Principle to manifest through you. Live the natural life, eat natural food, breathe properly, think thoughts of joy and love, and your temple will be complete.

Some people say you have not got a body, but, as I have already pointed out, that is metaphysics run wild. Let us get to the true foundation of Life and we will then see the whole as one great Divine Plan. We gain our experience here by reacting to the physical conditions, and by experience we grow into understanding.

Sit in the chair of authority with your mind on God and with your feet at His footstool—the earth on which you are now living—to prove Him in your life.

LECTURE VIII

The Stomach Internal Bath—Food—Weakening the Functioning Process Creates Disease—Eleven-Day Elimination Regime—Balanced Daily Diet Regime—Rules of Eating.

You cannot put good food into a sour stomach, just as you cannot put new wine into old bottles. It is essential that the stomach should be thoroughly cleansed before starting proper eating. habits. Health will then return much quicker. Unfavourable conditions in your body will disappear. When healthy habits are established in your life, your health is sure. It is just as easy to have good habits that make you healthy as it is to have bad ones that make you sick.

I will now proceed to give instructions regarding stomach internal baths. This bath thoroughly cleanses the stomach.

The best method of washing out and disinfecting the stomach, intestines and the bowels is to squeeze a lemon into a glass of cool water and drink it. Follow this with two glasses of warm water (blood heat). You should do this every morning on rising, for about a week ; in fact you can do it every day if you wish. It will always keep the body clean.

At first it may seem disagreeable, but after a few trials it will be taken with relish, for it acts as a stimulant and appetiser.

After drinking the water lie on your back with a pillow under the buttocks. Distend and relax the walls of the stomach quickly for about half-a-minute to one minute according to what you can do. The stomach will be thoroughly agitated and cleansed by a strong movement of the abdominal muscles. In the case of thin people they can hear the water plainly as it is churned about in the stomach. This flushing of the stomach loosens the mucus from the lining of the stomach.

With churning and rinsing, the water and lemon juice in the stomach will naturally loosen the mucus from the lining of the stomach, and in half an hour this mucus and undigested particles of food will be pressed from the stomach into the intestines by the strong natural contractions of the stomach, leaving the peptic glands cleansed of all mucus and particles of undigested food.

The stomach internal bath will have a soothing and healing effect on any catarrhal or ulcerated condition of the stomach. People with ulcerated stomachs will experience great relief. At first if a little pain is felt there is no need to be alarmed; the cleansing effect of the bath is asserting itself.

The solution is carried onward by the wormlike (peristaltic) movement of the intestines, and the large bowel is finally reached (in about 30 minutes). From here it is then eliminated. This is one of the best forms of curing constipation and bringing about a healthy movement of the lower bowels. It acts somewhat like an injection or enema with the additional advantage that the entire digestive tract right from the mouth to the anus is cleansed. The openings of millions of intestinal glands are freed from all obstruction, allowing a free flow of the intestinal juices.

The stomach internal bath used daily will act as an anti-ferment and disinfectant for the entire alimentary canal. If persistently used, it will positively assist the user to maintain health until a ripe old age, with a clear complexion, giving the appearance of one in the prime of life. The average person, however, will not find it necessary to continue the internal bath after the first two weeks, though many people do keep it up indefinitely.

I want you to recognise this process as a means of cleansing the stomach, so that the natural food you eat will assist in the cleaning up of skin troubles and ulcers.

Let me now place before you the food question in concise form. From a mass of literary material dealing with food, guided by personal practical experience, I have taken the most important factors, so that we do not have to spend hours studying lengthy articles to get at the essentials about food. Different dieticians have different ideas and you find yourself in difficulties when you discover how they contradict each other.

Most people today are tired of being sick, tired of being doctored, tired of taking medicine. You realise, of course, that sickness makes others uncomfortable besides yourself and puts an extra financial burden on your shoulders. Consciousness of being sick takes the joy out of life and the money that is spent on doctors could be put away for a better use. There are many unnecessary operations and there is much unnecessary sickness that could be avoided. This want of good health is due to ignorance of natural, mental and Spiritual laws.

Health is one of the great factors in one's life. The majority of people are disgusted and disheartened by being constantly ill; they have no desire for new fads and false promises. If you want health, and happiness, follow my previous instructions on health, and then carry out my advice regarding food. This will, all combined, undoubtedly lead you into the promised land. Thousands have found health by my methods and thousands more will find it in the future. I am talking about something that I know to be true. I have thirty years' experience throughout the world and I can claim to have cured more people than any other single man in the world today. In America, England, the Continent, all over the world, people are still receiving the benefit of these instructions. I know that many of you in this city alone who have already followed my instructions have been cured of your troubles and your numbers are only a fraction of the numbers of those who will be cured in the future.

Health is an all-important factor in one's life. Without it courage and ambition is dormant, self-confidence vanishes, love cannot flourish, hearts are saddened, and in general life is one round of bitter disappointment. Now, this can be overcome. Your mind and body can be made whole. The road is easy to follow ; so why delay ? Follow my instructions and be what you want to be, get the things you desire, and accomplish the things you wish to accomplish. This Course is a guide to your life, your health, your happiness.

I want you now to summarise what you have learned already ; I want you, please, to go over the knowledge you have received in this Health Course from the beginning, taking the spiritual, the mental and what you have learned about the physical body. I want you to write an essay about it if possible, so that you can put all the information into a daily regime. By writing an essay on what you have learned, and bringing it into one complete whole, you will perceive the major points ; you will know what to do, and you will see the importance of doing it. There is no better way of learning than realising the importance of this knowledge. It is my earnest desire that all who have taken this Course will benefit from it beyond even their expectations. There are but two paths to follow : one leads to Health, Success and Power, the other to Disease, Failure and Weakness. Decision rests with you. If you decide to act as directed, then your life will be a blessing to you, but if you neglect to put into operation what you have been told, and what I am going to tell you, then you are inviting misery upon yourself. Wake up and know the Truth. Learn that you are, to a great extent, responsible for your ailments and unhappiness. The decision rests with you and not with me. The decision rests with you to put this knowledge into operation. You are prone to shirk your responsibilities, you hide behind your disabilities, you run away from life instead of acting up to life in a positive manner, for many of you react destructively to many events in life. In general you yourselves create a condition in your systems which you blame on others, but no one is to blame except yourselves.

You are prone to shirk your responsibilities and blame others for your misfortunes when the real causes are neglect to care for your body hygienically, carelessness in the selection of your foods, and the improper use of your mental and emotional activities. Indulgence in tobacco, alcohol, and bad sex habits are undoubtedly the main reasons for lowering the vitality of the body and bringing on sickness. Improper living conditions, wrong modes of dress, tying yourself too tight in the middle, anything that interferes with your organs, sitting huddled up, not sitting and standing properly, lack of bodily cleanliness, internal and external—these unhappy conditions also attract disease. I told you, for instance, how important posture is ; have you forgotten about it ?

You cannot clog your system continually with food of the highest toxic nature and hope to find some mysterious or superhuman action to counteract the abnormal condition that you create. It has never been accomplished and it never will. No man can treat his body with utter disregard for natural laws and then, when he becomes ill, hope to cure the trouble by resorting to medicine. If he imagines this to be so, he will learn that he is living under a delusion. We must all realise that if we are sick we have disobeyed the Laws of Nature. Health is the expression of natural laws, spiritual,

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mental and physical. We must realise that if we are sick it is because we have disregarded these natural laws.

Many people think that there is no nourishment in fruit, vegetables and nuts and therefore continually fill themselves with meat, poultry, pies and tinned foods. I should say that the majority of people today are living under this state: 70% protein and starches, 30% vegetables, fruits and nuts. Now, the proper balanced diet is this: 75% fruit, vegetables, nuts, etc., and 25% proteins and starches, i.e., meats, fish, bread. People are continually eating bread and butter; indeed, I know some people who live on bread and butter, meat and fish with a vegetable thrown in here and there and perhaps one apple a day—and they expect to keep the doctor away. But this state of affairs cannot last long. Sooner or later, trouble develops somewhere in the body, and no matter where it is the source is the same, though the troubles are given all the different names possible.

Many even try to prove that they cannot find nourishment and strength in fruit, nuts, and vegetables. They take as an example the tiger and the lion to illustrate strength, forgetting that the stronger animals, such as the elephant or the gorilla, never resort to flesh eating but are much more powerful than the lion or the tiger.

It is foolish of people to think that it is necessary for them to have for breakfast every morning a large plate of ham and eggs, one or two rolls of bread and butter, and a cup of coffee, then at lunch a variety of meats, and at night more meat, with usually, to end up with, a cup of coffee or tea, and cake. Sometimes lunch consists of sandwiches, meat sandwiches, with a piece of protein stuck between two pieces of starch, whereas with natural eating starches and proteins are kept separate. At night at home the menu includes roast beef and potatoes, the meal ending with a heavy starchy

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pudding; and before the diners go to bed they have some biscuits and another cup of coffee. This is the regular ordinary fare of the majority of people. When they begin eating natural foods like carrots, cabbages, oranges, apples, bananas and wholesome fruits and vegetables, they say these are not good for them, not agreeing with their stomach. But how on earth can these things agree with a stomach that is full of slime and muck, and mucous membrane catarrhal and inflamed!

You remember about the cleansing of the stomach each morning by drinking the juice of one lemon in a glass of warm water followed by two glasses of warm water. You found how it eliminated the slimy material from the stomach and the bowels too. (Several students stated how effective it was.) These instructions are of value; they are worth pounds. Results come only from following the instructions.

Some of you may say that fruit and vegetables do not agree with your stomach but this is not the case. Your stomach is in a toxic and sickened condition by being abused with acid-forming food, and as a consequence the pure and unadulterated food does not agree with a poisoned stomach. Once a person gets rid of the slime that comes from a greasy heavy diet, which continually clings to the walls of the stomach, he or she will never again blame Nature's foods for disturbed digestion. Sometimes when people change over from adulterated and devitalised foods to unadulterated and vitalised foods some disturbance takes place. This is only natural but it does not last very long. After a while the digestion reacts to pure foods, the body responding accordingly.

The whole structure of your body is built out of the material you eat. The main thing, therefore, is to see that the foods you put into your mouth are good healthy vitalising foods, not denatured and devitalised foods.

As I said, a reaction takes place in the digestive organs, but this does not last very long. It is caused by the toxic and acid conditions of the stomach clamouring for further poisoning! In a way, what happens reminds one of the drug fiend or the habitual drunkard. Their bodies cry out for more drinks or for more drugs which have been steadily poisoning their whole systems; but once they are free from the drug or drink habit and get back again to Nature, they feel the vitality and the pulse of the Universe which makes them happy and contented and healthy citizens instead of degraded mortals. Much similarly can be said to those who are continually eating the wrong type of food.

It is, therefore, necessary that I begin this course on food with a straightforward argument and telling words that will impress on your mind the importance of eating health-giving foods. So if you decide to change from the wrong to the right way of eating you must prepare yourselves psychologically. Remember the mental side as well as the physical side. You must become aware, first of all, that the foods you eat are health-giving foods, that they contain all the vitamins and elements that the body requires, that they contain the necessary health-giving properties, and you psychologically adjust yourselves to your new mode of living.

You must train the stomach to digest the proper type of food and you must create normal and right-thinking habits as well, and you will find that the stomach becomes accustomed to the proper natural foods, completely adapting itself. You will realise the importance of sitting down to your meals in a happy frame of mind. Do not bring your troubles to the dining-table; if you do, your stomach is going to rebel. The more you worry about the things of life and the bridges you will never cross, the poorer will be your digestion. Your digestive organs will be affected by the state of mind you hold while sitting at table. It is essential that you learn this fact because it has been proved a thousand times over that the attitude of your mind affects the flow of your digestive juices. You will now see and understand that, if you are continually creating emotional states through your own negative thinking and negative reactions, your digestive organs will be impaired. I have cured hundreds of people of ulcerated stomachs, duodenal ulcers and mal-conditions of digestion, because I have put them into a proper frame of mind and adjusted the nerves leading into the stomach. With this feeling of relief given physically, and with a new mental outlook through understanding, they have immediately begun to revive. In very few cases have I ever failed to cure these stomach conditions, even after operations have been unsatisfactorily performed. The troubles are mostly of nervous origin, created by negative thinking and negative reactions, wrong eating and abuse of the digestive organs.

You will now realise that if you have been continually taking meats, indigestible pies, coffee, tea, white denatured bread, pastries, canned fish, stale cheese, fried foods, and suchlike, causing the worst form of toxins in your body, and creating a breeding ground for germs, your digestive organs and the toxic condition of your body will not become accustomed instantly to clean, healthy, and wholesome food. You will, therefore, see how necessary it is to readjust not only your eating but also your mental and emotional activities. This is quite simple to understand ; it is nothing more than pure commonsense.

It is very pleasant to sit down to a meal of vegetables, fruits, nuts, fruit salad and icecream. What is nicer than a dish consisting of shredded cabbage, diced apples, dates cut up, a handful of shredded coconut, and a dressing made of lemon and honey, or a dish of celery, cut-up figs, a handful of raisins, shredded red cabbage, and a dressing made of sweet oil and brown sugar and lemon juice? These are dishes fit for the gods. It is easily proved which of these are the best for you by the effects you feel after eating. Not only are the natural foods less toxic but also they taste better and make one feel light, creating more energy; above all, they need no dynamite to aid them to pass through the body. So you see why I say that it is so essential that you recognise that 75% of your meals should be fruits and vegetables, which are cleansing foods, while only 25% should be proteins and starches. The majority of people live on 75% meat, fish, cheese and bread and 25% fruit and vegetables.

Many people know that much of the food that they eat is adulterated and devitalised and not fit to eat. Nevertheless they feel a security in eating it because they have been reading attractive advertisements boosting such food, and other advertisements, some of which tell them to eat anything and everything and that if they get sick the quack medicines advertised will cure their troubles. You see pictured a burly fellow with a big fork and knife in his hand and a hefty piece of roast beef in front of him—and beside him some stomach powder. These advertisements are misleading and do harm. All advertisements of such a nature should be eliminated from the Press. I have seen the results of these advertisements in thirty years of experience among the people. If you think such things will cure you after you have violated Nature's laws you will find out to your cost that it is untrue; it is contrary to the laws of Nature and those who believe such things fool themselves and must suffer eventually, because when their digestive organs get to the stage of being inflamed, blistered and catarrhed, the entire system is being trebly poisoned. Firstly with toxic foods, secondly by the medicines, and thirdly by the toxic poisons the system has been absorbing through the poisoned digestive system. How is it possible, then, that drugs and artificial aids, which also create poisons, can possibly create a healthy condition in the body? Reason it out for yourself. There is only one answer and that is: FOLLOW NATURE.

Thus the more you resort to my formula of 75% of fruits and vegetables and live in this natural state, you derive more nourishment and you give less work to the digestive and eliminative organs, which do not wear out so soon. This means that you obtain the full nourishment of the food; it is more easily digested and the waste product is easily eliminated; therefore, you are not wasting the vital forces of your body. On the other hand, with indigestible foods, much energy is required to enable the toxic matter to be excreted, and the waste product in the system gradually wears out the organs. A great deal of energy is used up in eliminating the poisons from the body. Our functions are impaired and often diseased because of too much elimination; the kidneys are overtaxed if we create too much acid in the body; they cannot eliminate all the acids and they pile into particular parts of the body, setting up various troubles. Our lungs are impaired by too much waste in the blood stream because all our blood must pour through the lungs. Our skin becomes clogged and filled with waste matter, and our skin no longer functions. Immediately the excretory organs begin to fail, and then sickness begins at once, because of the lack of the elimination of poisons from the body.

I told you how to produce a healthy skin by dry skin brushing. I know that some of you have followed the instructions because I have seen the results already. Skin troubles are cleared up entirely within a week or two, but some of you, alas, are too lazy to do it, and therefore you must suffer the consequences.

An engine can work better when properly lubricated with the right oil. When you apply a poor quality you are going to clog and interfere with the running power. The human machine is just the same.

WEAKENING THE FUNCTIONING PROCESS CREATES DISEASE

The main thing is to purify the bloodstream. By doing this it is easy to overcome disease. That is why I have dwelt on the toxic conditions created by wrong eating, wrong thinking, and destructive emotional influences which have a tendency to weaken the system and create a state of toxæmia. You must understand that when the body is devitalised the functioning process lacks the power to act normally, and if such a condition continues the result will then be a true case of toxæmia, probably terminating in either Bright's disease or cancer, or tuberculosis or diabetes, or even death. Many people have come to death before their time, through lack of following natural laws.

When I think of the thousands of people I have helped in every country in the world (and even today I am receiving letters from people who twenty years ago followed my instructions and are still grateful) it gives me great heart and helps me to go on, no matter what difficulties are encountered. The results are ample compensation. I am happy in my work; I love helping people and putting them on the right track. I take joy in healing them of their troubles, in removing their mental and emotional burdens, and giving them the true spiritual light that enables them to live happy, healthy and successful lives.

Wrong eating, over-eating, starvation, worry, negative emotions, physical exertion, sexual vices, drugs, smoking, drinking or any other destructive habit, if carried too far, will lessen the resistance of the body, creating disease. You realise that disease is caused by getting away from Nature. Therefore, to have health, one needs only to *follow Nature's laws.*

One of the most prevalent troubles among most people today is constipation. The cause of that trouble is insufficient exercise. People in sedentary occupations do not move about enough and the peristaltic action of the bowel is slowed down by people eating too much of acid-forming and clogging foods. If a person in a sedentary occupation watched carefully to make the diet 75% of fruit and vegetables, even 80% fruit and vegetables, and 20% starches and proteins, his or her health would improve enormously. The worst foods for creating constipation are white bread, clogging stodgy puddings, too much meat, fried foods of all kinds and stale cheese. Any high protein-value foods, if taken too much, will create acidity in the system and retard the action of the muscles round the colon, because of the acid circulating into the muscular tissue.

As I have explained, there are two muscular strata around the colon. One of these acts in one direction and the other in another direction, creating a peristaltic action, so that the waste matter is moved on ; and when the muscular strata become affected by acid-absorption the result is that the muscular strata are weakened and movement is slowed down. You take medicine to stimulate action but it does not remove this condition, it only intensifies it. You have got to eliminate from the body and the bloodstream the acid-forming substance so that the muscular strata can regain their natural state.

The best means of bringing about the desired elimination is to eat plenty of fruit and vegetables in their natural state. Vegetables cleanse the bowels and fruits cleanse the tissue structure.

Follow out my instructions of the lemon juice in a glass of water every morning and two glasses of water after that. Drink plenty of juices, vegetable juices and fruit juices. If you find that the vegetable juices and fruit juices are too strong for you at first, then dilute them 50% with water. Vary the juices from day to day, so that a good general supply of the different elements are obtained.

The reason why white flour products and other unnatural foods cause constipation is because such foods have no inherent power, decompose quickly, and cannot hold fluids, becoming a dry, clogging substance adhering to the walls of the bowel. On the other hand, natural fruits and vegetables maintain a moist condition, have inherent power, and create peristaltic action by their bulky substance.

It has been proved that many of the crimes committed today could be eliminated if people would live a natural life. The poisons created by living an unnatural life irritate the nerves and glands and lead to undue nervous irritability which creates a form of insanity, producing crime and unbalanced minds. I have seen cases where people suffering from an unbalanced mind recover very quickly when fed on natural foods. Of course the reason for this is quite obvious: the blood becomes pure, and toxic conditions which created the inflammation in the brain cells are expelled. This irritation having been eliminated, the mind naturally tends to assert itself. The tendency is to express the highest within us.

A good axiom to follow, I repeat, is 75% fruit and vegetables and 25% starch and proteins. Remember that natural foods are best. Balance your proteins with your acid foods, separate your starches from your acids and separate your proteins from your starches. Fried fish and chips is a common dish, yet it is a most acid-forming food. The very fact that it is fried is enough, each particle of food being covered with a fat envelope that prevents digestion of the protein in the stomach. Proteins are digested in the stomach, and starches must be predigested in the mouth. Neither can be digested in the mouth or the stomach, because fats are digested only when attacked by the bile and pancreatic juices ; therefore they pass into the intestines in an undigested state and are liable to decompose accordingly.

It is these points that are so essential and that help you to keep healthy and to remove many of your ailments, for the majority of these have their origin in the stomach and intestines.

We should not pay too much attention to dieticians who theorise on the incompatibility of the various foods. It is hard to imagine how they arrive at their deductions. The majority of them are extremists. Some will advocate a mono-diet, that is, the eating of only one particular food at each meal. Others get their ideas from the chemical analysis of the food outside the body, but when food is taken into the body the chemical constituents are changed ; therefore, we cannot judge the incompatibility of food by taking analysis of the chemical constituents outside the body. The body requires all forms of mineral salts, and these find their way to where they are required.

Some dieticians say that different foods upset the digestion, and that health depends on certain foods being taken in conjunction with others. We find that dieticians are in direct opposition to one another as regards combinations of foods. To take notice of them means to land oneself in a maze. We will agree with them, however, as far as meats, pies, fried potatoes, coffee and tea are concerned, these not being good to eat at the same meal, in fact not being the best things to eat at any time.

Incorporated in the vegetables and fruit are oxygen, nitrogen, and hydrogen taken from the air, plus the elements taken from the ground, vitalised by the sun's rays and formed together in one complete whole. These constituents when taken into the body create certain chemical reactions. The body takes the necessary elements it requires, and carries them to the various parts of the body requiring replenishing; they then find their way to where they are required.

Now, we know that pickles, meat sandwiches, icecream, lobster salad, and milk will not blend. The danger of eating two, three, or more of these foods lies in the fact that they are highly toxic and unnatural. It is the mixing of unnatural foods that makes the combination dangerous. The main point to consider is the toxin contained in each food; but two, three or more dishes of natural foods, taken at the same time, will never create a digestive disturbance. It is the denatured, devitalised foods, and foods of a highly toxic nature, that cause the trouble. What harm is there in eating cereals, figs, and milk at one meal, or a combination salad of cabbage, celery, apples, and nuts, or a salad of cucumbers, lettuce, and tomatoes? In fact, the theories of many dieticians are poor from a biological, psychological, and physiological standpoint.

People have come to me in a dilemma, asking: "Is this the right thing? Should this be taken with that? Is this the wrong combination?" All the time they are eating they are afraid it may be the wrong combination. "Is it setting up trouble in my body?" they ask. What a mental state to be in! Natural foods combine together naturally. That is a simple but very important fact to remember.

When the acid foods enter the mouth they are mixed with saliva; they are neutralised, and they are already changed into an alkali; again, the hydrochloric acid of the gastric juice in the stomach will neutralise any of the natural acids. Natural acid fruits include oranges, grapefruit, lemons and sub-acid fruits, pears and apples. I will deal with this subject later in my lecture on a balanced diet, and then you will have no difficulty in choosing your foods, mixing them and eating them without any fear or trouble.

First of all I will detail an eleven-day eliminating diet which will cleanse the system before you commence eating properly. Should any of you have trouble with the eliminating diet at first, take it for half the time; and then go on to the balanced diet. Come back again to the eliminating diet and you will be able to complete it easily. Sometimes when the body is full of acids the elimination stirs these up, and the excretory organs not being in a fit state, cannot eliminate all the poisons, which circulate back into the bloodstream. This state of affairs can be overcome by taking things easily at first.

ELEVEN-DAY ELIMINATION REGIME

A hot Epsom salts bath should be taken every night during this diet regime; 1 lb. of Epsom salts should be enough. Enemas should be used the first four or five days, and then discontinued; natural movements should then be the aim. Nothing but water and fruit juices, preferably grapefruit, should be taken into the body for the first three days. Drink one glass of juice every four hours of that day, and for the next two days have fruit only, such as grapes, melons, tomatoes, pears, peaches, plums; dried fruit such as prunes, figs, peaches, soaked overnight; and baked apple.

In the six following days, breakfast should consist of citrus fruits. Between breakfast and lunch, have any other kind of fruit. For lunch have a salad of three to six vegetables and two cups of potassium broth. If hungry between meals, you may take fruit or fruit juices. Dinner should consist of two or three steamed vegetables and two cups of potassium broth. Fruit juices can be taken before retiring if wanted.

Rigid adherence to the diet is an absolute necessity for anyone endeavouring to regain good health. Eat plenty, though of course not to satiety.

POTASSIUM BROTH

Potassium broth is made from 5 diced carrots, a stalk of celery, a handful of parsley and spinach, a little onion and tomato, and 2 quarts of water. Season with whole salt. Simmer for 35 minutes only; if cooked longer the elements are deteriorated. For a very sick person strain the broth and give the juice only.

When finished with the above regime you can start right in on the Balanced Daily Diet Regime.

The above elimination regime should be followed whenever a person changes from the old ways of living and begins to live aright. As a general rule, it is wise to follow the elimination regime in any and all of the following cases:

As a general cleanser two or three times a year.
Whenever a cold appears.
At the time of a crisis.
If a fever sets in.
When reduction of weight is desired.
When hips get too large.
When joints get stiff.
If the skin breaks out.
If constipation is present.

BALANCED DAILY DIET REGIME

Make a habit of applying the following general diet regime to your everyday living.

This is a healthy way to live because, when followed, you do not have to think of vitamins, mineral elements or calories. I will give you specific instructions for your troubles after you have made this daily regime automatic.

The best diet over a period of a day is two different fruits, at least 4 to 6 vegetables, 1 protein and 1 starch with fruit or vegetable juices in between meals. Eat at least 2 green leafy vegetables a day. Consider this regime a dietetic law.

BEFORE BREAKFAST

Upon rising, take any natural unsweetened fruit juice such as grapefruit, grape, pineapple or orange juice. This is to be taken one half-hour before breakfast. Apple juice is exceptionally good.

Between fruit juice and breakfast follow this programme!

Skin brushing.

Exercising, hiking, deep breathing, or playing.

Shower—Start warm and cool off until your breath quickens. Never take shower immediately upon arising.

BREAKFAST

TWO FRUITS and ONE PROTEIN. Fruit of any kind, such as: melon, grapes, peaches, pears, berries, or soaked fruit such as sun-dried apricots, prunes, figs, baked apple, which may be sprinkled with some ground nuts. If time of year suggests any other fruit, use it.

Suggestion: Sliced figs and cream; ½ cantaloup with strawberries, any TWO FRUITS with creamed cottage cheese and honey if you are a heavy worker and if you feel as though fruit is not enough for you. Almond butter and coconut soya are quite nourishing and can be used on fruits. Eat an egg with fruit for variety.

LUNCH

RAW SALAD, ONE STARCH as listed, and HEALTH DRINK—with rye crisp, corn bread or bran muffins. Get salad suggestions from me.

RAW SALAD VEGETABLES

- Tomatoes
- Lettuce
- Celery
- Cucumber
- Grated carrots
- Onions
- Avocado
- Cabbage
- Parsley
- Or any raw salad vegetable

STARCH

- Baked potato
- Baked banana (or at least dead ripe)
- Steamed brown rice
- Steel cut oatmeal
- Weetabix
- Bread (Whole wheat, rye or soya bean)
- Cereals (oatmeal, shredded wheat, etc.)
- Sandwiches

Drinks: Vegetable broth, buttermilk, milk or any health drink.

3 O'CLOCK

Fruit of any kind, such as dates, apples, figs, peaches. Fruit juices or vegetable juices may also be had.

DINNER

Dinner should consist of a SMALL RAW SALAD, TWO COOKED VEGETABLES, ONE PROTEIN, and a BROTH or HEALTH DRINK if desired.

COOKED VEGETABLES

- Peas
- Artichokes
- Carrots
- Beets
- Turnips
- Spinach
- Beet tops
- Cauliflower
- String beans
- Sprouts
- Cabbage
- Swiss chard
- Egg plant
- Onions
- Succhini
- Summer squash

Or any vegetable other than potatoes.

ONE PROTEIN

Twice a Week: FISH. Use white fish with fins and scales such as sole, halibut, trout or sea trout. If complete vegetarian use soya beans, lima beans, cottage cheese, etc. (Other good meat substitutes are canned soya beans, protose, seytone, nutone, almond and Mal-ba nuts.)

Twice a Week: MEAT. Young beef or lamb for first month. Never use pork. If complete vegetarian, use soya beans, lima beans, cottage cheese, etc.

Twice a Week: COTTAGE CHEESE.

Once a Week: OMELET.

Drinks: Broth or Health Beverage.

If you have a protein at this meal a health dessert is allowed, but not recommended.

Never eat protein and starch together. (Notice how they are separated.)

You may exchange your noon meal for the evening meal, but follow same regime. It takes exercise to handle raw food and we generally get more after our noon meal. That is why the big raw salad is advised at noon. Starches also need exercise, so one should eat sandwiches at noon.

Fruit salads may be substituted for any of these meals. If you do not feel hungry, or are not well, a fruit salad is the best thing to have.

Before retiring go through your exercises.

RULES OF EATING

1. If not entirely comfortable in mind and body from the previous mealtime, you should miss the next meal.
2. Do not eat unless you have a keen desire for the plainest food.
3. Do not eat beyond your needs.
4. Be sure to masticate your food thoroughly.
5. Miss meals if you are in pain, or if you are emotionally upset or not hungry; chilled or over-heated; and during acute illness.

LECTURE IX

Elements in the Body, Their Purpose and the Foods which contain them.

THERE are sixteen elements in the human body and all of them are of great importance. Without them your body could not exist. Nature has produced all these elements in the food you eat, in the water you drink and in the air you breathe. Certain foods contain an abundance of these elements, and I am going to detail to you these elements and the foods that contain them, so that you may have a fair idea of the essential food to use in your diet.

The ordinary person weighing about 150 lbs. is composed of all the elements in approximately the following proportion :

Oxygen	75 lbs.	1
Carbon	50 lbs.	2
Hydrogen	15 lbs.	3
Calcium	4 lbs.	4
Phosphorus	3 lbs.	5
Chlorine	2 lbs.	6
Magnesium	7 ozs.	7
Fluorine	5 ozs.	8
Sulphur	5 ozs.	9
Sodium	4 ozs.	10
Nitrogen	4 ozs.	11
Potassium	3 ozs.	12
Iron	2 ozs.	13
Silicon	1 oz.	14
Iodine	½ oz.	15
Manganese	¼ oz.	16

Nature endeavours to keep the perfect balance of these elements and is able to do so when we eat an abundance of natural foods such as fruit, vegetables and cereals which are vitalised by the incorporation of the sun's rays during the process of growing and are best for us when taken in the raw state and near to the raw state. Man is made of all these things, what he eats, what he drinks and even what he thinks. He may perform any of these in a wrong manner and cause disease in his body.

1 *Oxygen* : We get this from water, from the air, and from juicy vegetables and juicy fruit. Oxygen increases the life process and circulation in the body. Without oxygen your food could not be absorbed into the cell structure of the body. It stimulates the muscular system and eliminates waste. It stimulates the body and mind; it gives joy, pleasure and enthusiasm. Lack of oxygen causes sterility of man and woman, consumption, paralysis, anaemia, and emaciation. Foods containing oxygen, iodine, iron and potassium increase the oxygen contained in the body, because they are, in a sense, affiliated to each other. Oxygen, iodine, iron and potassium are attracted to each other, and if one eats an abundance of the foods containing these minerals, one finds one's body supplied with oxygen, iodine, iron and potassium. In breathing oxygen unites with the iron in the blood, the sodium in the tissue and thereby dissolves the acids. The acids formed in the body are dissolved by these oxygen-bearing foods, and it is these foods containing iodine, iron and potassium that will increase the oxygen in the body. By breathing deeply you join the iron in the blood with the sodium in the tissue; sodium enables the tissue to be built up and held firm.

Oxygen is the foundation of youth, light and life of human existence in matter. Without oxygen you could not live. It is one of the main elements in the body. You have a greater proportion of oxygen than of anything else. As mentioned in the table, you have 75 lbs. of oxygen in the body.

2 *Carbon* : An excessive amount of carbon in the body promotes fatigue, low vital resistance, acidity, drowsiness, confusion, fear, forgetfulness, fainting, cold feet, indigestion, "nerves," depression, laziness. Excessive carbon is destructive; only when uniting with oxygen does it create energy and heat. To keep a perfect balance

it is a very necessary element, but one should eat sparingly of the carbon foods; only a limited quantity of these can be used.

The natural carbon foods are the only carbon foods that should be used: whole wheat and bread, whole rice, shredded wheat and starches, brown sugar, sugars, baked potatoes (in skin), honey and sweets, oats, rye bread, figs. If you take too much of sugar it creates acid in the body and clogs the system. Carbon is one of the clogging elements. It is, however, necessary for perfect health, but I repeat that you must be careful not to eat too much carbon food.

3 *Hydrogen* is one of the highest life-giving chemicals. Water is in the proportion of two of hydrogen and one of oxygen, H_2O. It is needed in every drop of blood; it keeps one passive and cool; it is the cooling element. It stimulates respiration and elimination; it helps to eliminate poisons from the body. Without hydrogen your nerves harden, stiffen, corrode and decay. Nervous people should eat an abundance of hydrogen-bearing foods. Hydrogen enters deep down into the cells, makes these active and throws off their waste matter; therefore you can understand the importance of eating hydrogen-bearing foods. An abundance of this chemical is obtained from fresh air, pure water, juicy fruits and vegetables, and dairy products.

4 *Calcium* is the element that is found in all bone structure; quite a lot of calcium is found in the blood and in the brain as well. The lack of calcium causes loss of concentration, creating fear and loss of will-power and courage, even a poor memory. Calcium builds the structure of bone and teeth. It helps to liberate the vitamins in the food we eat. It unites with silicon and forms the hardening process of tissue and bones, that is to say, the outer structure of the bone and tissue. Calcium, fluorine and

silicon make up the hardening material on the outside of the bone and teeth ; these harden the tissue and join with potassium and sodium in maintaining tissue and skin structure. Without calcium the cell structure would crumble and the bones would soften, bringing about acid condition likely to cause pyorrhoea, neuritis, and rheumatism. It acts as a contractor for the heart, arteries and kidneys, and expels from the tissues poisons such as uric acid, giving strength to the kidneys and bladder to evacuate the urine.

The following foods contain Calcium : milk, cheese, whole wheat, oats, spinach, onions, egg yolks, grapefruit, oranges, lemons, pineapple, limes, rhubarb, garlic, unsulphured sun-dried fruits.

12 *Potassium* is the female element, the element that helps all female troubles and helps nervous types of people. Calcium unites with potassium and sodium, and builds up the tissue structure ; otherwise this would become soft and flabby. Potassium prevents constipation, growths. It is a strong alkaline flushing agency and eliminator, and a powerful neutraliser, being cooling and antiseptic. It links the water in the body, thereby creating organic substance ; it is needed by thin emaciated people and by those who are always tired with loss of vitality. Without potassium plants, animals and humans become sterile and can never produce their kind.

The following foods contain potassium : raw egg yolks, carrots, cottage cheese, lettuce, spinach, asparagus, parsley, celery, onions, whole wheat, oats, green beans, greens of all kinds, nuts (raw), raw cabbage, beets, peaches, apples, prunes, figs, strawberries, blackberries, unsulphured sun-dried fruits.

8 *Fluorine* is a youth preserver. It protects the body against infections, bone disease and fear. It works with silicon in hardening the periosteum of the bone and gives

strength to the marrow. It forms the enamel on the teeth; without it, teeth decay. Weak and faulty bone formation and brittle teeth require fluorine. It is a strong antiseptic, being good for tuberculosis, bladder and kidney stones. Calcium, silicon and fluorine act together to build memory, will, judgment, endurance, courage, calmness and firmness of bone. Oat water, for instance, is a wonderful stimulant; it acts on the reproductive centres and gives mental endurance and poise. It is made as follows: soak ½ gallon of washed oats (whole) for 36 hours in one gallon of water in a cool place. Drain off the water and keep it cool; take a glassful before retiring.

Fluorine is the great protector against venereal infection, preserves youth and is an enamel maker for teeth and bone. Lack of it opens one to any contagious disease because of the general run-down condition of the body. All people with any form of tuberculosis, vein enlargement, social disease, bladder or kidney stones, prolapsus or a run-down condition need this element.

Foods containing Fluorine are the following: Spinach, raw cabbage, watercress, milk, raw egg yolk, whole wheat, oats, onion, garlic, greens and beets.

5 *Phosphorus* is a necessary tonic for the brain and nervous system. It prevents neurasthenia and enables other elements to create bone and brain substance. It prevents fatigue and acts upon the sensory and sympathetic nervous system, and is necessary for higher intellectual activity, for religious and psychic emotions, as well as the physical senses. It is the brain cell builder for creative work. It strengthens the eyesight, gives vitality, and it is a tonic to the brain and nervous system; without it the bones become soft and the limbs weak. The lack of phosphorus means fatigue and anaemia. Phosphorus is necessary for mind development; it is fuel for thought and emotion.

The following foods contain phosphorus: lettuce, celery, onions, spinach, tomatoes, raw cabbage, greens, almonds, walnuts, raw peanuts, apples, grapes, oranges, grapefruit, peaches, plums, cherries, whole wheat, barley, oats, unsulphured sun-dried fruits.

6 *Chlorine* is a purifying agent. Without the element of chlorine your joints would corrode. It is one of the elements that keeps the joints and tendons supple. It stimulates perspiration and stimulates the peristaltic action of the bowels. It squeezes poisons out of the tissue and makes them tense and elastic. It reduces the water waste in the body and is good for reducing. It is excellent especially in Bright's disease, pyorrhoea and gangrene.

The following foods contain chlorine: lettuce, raw cabbage, raw carrots, spinach, asparagus, cucumbers, radishes, egg yolks (raw), milk (raw).

7 *Magnesium* is the most relaxing and cooling of all the elements. It counteracts body gases, toxins and acids. It purifies the intestines, and promotes brain action. Magnesium foods should be eaten by persons who are highly strung and emotional, as it neutralises the phosphorus products. Too much phosphorus excites the brain and stimulates the emotions, magnesium is the element that quietens down this element. Magnesium is a laxative and supplies elastic quality to the intestines and muscles; it aids the complexion and prevents wrinkles. Those who suffer from constipation, auto-intoxication, stiff joints and muscles, hernia or rupture, sleeplessness, require magnesium.

The following foods contain magnesium: apples, oranges, lemons, limes, grapefruit, peaches, cherries, grapes, nuts, raw egg yolk, whole wheat, oats, milk, greens.

I do not think people realise the importance of egg-yolk; beaten up in orange juice or grapefruit juice it is one of the finest tonics one can have. It contains nearly all the elements. Two yolks of eggs and orange juice can be taken as a complete meal. If you want to eat a cooked egg, it should be coddled. Bring water to the boil, take it off the stove, put your eggs into the water, then allow the eggs to remain in the water for a few minutes. The water will cool down as the eggs cook and they will be lovely and soft. The white of the egg will not be tough as it is through the usual way of boiling the egg for three minutes.

9 *Sulphur* is a cleanser and purifier. It eliminates rheumatism, skin and blood diseases, and reduces fat quickly. It provides youth, beauty, complexion, luxuriant hair and nails. It promotes bile secretions and enables the liver to take up all the chemical elements. It intensifies nerve life and maintains an even temperature in sexual nerves and plexuses, in the spinal reflexes, in the nerves of the liver and kidneys, in the optic centres and the nervous system throughout. It is the regulative, communicative and magnetic medium of thought action and nerve impulse, conduction of sensation and telegraphy. Therefore, while sulphur is one of the much needed elements of the body, it is better supplied in an uncooked form; cooked sulphur foods are destructive to the nerves. Cooked sulphur foods such as eggs, cabbage and turnips are very high in sulphur and should be eaten sparingly by nervous or sensitive people, as they cause irritability and restlessness.

The following foods contain sulphur: raw cabbage, raw onions, radishes and raw egg yolks.

Raw egg yolk has calcium, phosphorus, chlorine, magnesium, fluorine, sulphur, nitrogen, iron and iodine. It is one of the most valuable foods we have, as also is milk. Carrots, too, have a lot of elements: chlorine, ulphur, fluorine, potassium, iron, silicon. The study of the foods we eat is a very interesting one, that is, what we take into the body.

10 *Sodium* is a solvent for all hard deposits, such as stiff joints, gall stones, bladder stones, kidney troubles, hardened arteries, rheumatic conditions and arthritis. Sodium is the basis of all medicines given to eliminate rheumatic conditions. Too much sodium acts exactly the opposite to what sufficient sodium does. If people take too much sodium or inorganic sodium (that is, not ready to be taken into the body as it should be taken in), or inorganic sodium taken in pills and other ways, it shows itself in the blood, and what we call sodium ring appears in the eye, i.e., a white ring just inside the outside of the iris. This shows that there is too much sodium in the system, defeating itself. It is similar to carbon ; you have to be careful that you do not fill yourselves too much with sodium or carbon. Sodium acts favourably on the blood and skin of the body ; it helps to keep the cell structure together, strengthens the mucous membrane, the alimentary canal, intestine walls, spleen and pancreas. It is valuable in diabetes and indigestion, neutralises the acids in the system, and prevents deafness, catarrhal infections and pus, headaches, and bronchial phlegm ; it works with potassium and calcium and enables the body to take up iron. Sodium therefore enables the tissue to absorb iron, calcium, potassium, and fluorine, so that the tissue becomes hard and healthy. Without sodium your tissue would fall to pieces. It is the binding element that is required for the other elements in the tissue. It produces strength and energy. Sodium people are always active people.

The following foods contain sodium : celery, carrots, turnips, cucumbers, asparagus, spinach, apples, strawberries, peaches, figs, oats, raw nuts, egg yolks, unsulphured sun-dried fruits.

11 *Nitrogen* is that element that combines oxygen and hydrogen in the tissue; it also acts as a brake on the action of oxygen. It is therefore a most necessary element. Without it we could not live in the physical body; alone, it is sluggish and weakens the stronger elements. If too much nitrogen is taken it weakens the other elements in the body. You should not eat too much meat and nitrogenous foods, because such weaken other elements and create acid in the system. It clings to oxygen in the air and dilutes it; it is a fertiliser and tissue builder. It makes muscles firm, and gives dark pigments to skin, hair and eyes. It creates magnetic power because it attracts oxygen and iron. Lack of it causes us to feel completely worn out after a day's work. It repairs the worn tissues. Emaciated people need nitrogen-bearing food in combination with citric fruits. Nitrogen is acid-forming and in order to neutralise the acid-forming you take citrus fruits with it. The citrus neutralises the acid and creates an alkaline condition. With the nitrogenous foods it is better to eat fruit such as orange, lime, grapefruit and pears. Some people say that the acid-bearing fruits do not agree with their stomachs. If that is the case then you must dilute these fruits, but at the same time I know that acid-bearing fruits will increase the amount of hydrochloric acid in the stomach. If people who are minus hydrochloric acid in the stomach would eat citrus fruit, it would create hydrochloric acid which helps to stimulate the action of the stomach. If you have no hydrochloric acid, the effect is that the citric acid is not diluted in the stomach. That is why people find orange and limes and such-like do not agree with them; therefore they should reduce these by adding water—one-third of the juice and two-thirds water, so stimulating the hydrochloric acid. Children cannot have too much orange juice all at once; it is better to

give it to them with water to begin with, as water reduces the citric acid content.

The following foods contain nitrogen: meats, chicken, butter, cereals, milk and cheese.

13 *Iron* is the master chemical, being one of the great chemicals of the body. Iron is man's medicine, but taken in drugs it acts as an irritant to the kidneys, and may not be assimilated by the body. Iron in the blood takes the oxygen from the lungs and carries it to every part of the body where it is needed. It tends to give health, ambition, vitality, success and happiness. All people who are anaemic, pale, thin or depressed need iron. Lack of it means disease, unhappiness, and want of creative ability. It is the master magnetiser. Without iron the body cannot absorb oxygen. To increase iron contents in the body one should also eat food containing chlorine, potassium, sodium, iron, manganese, calcium, silicon, oxygen and iodine; omit the foods rich in carbon, sulphur and nitrogen. Iron is a dissolver of waste and blood purifier. It gives warmth, magnetism, mental endurance, creative ability and vitality. It works with phosphorus to stimulate brain cells, and gives colouring to the blood, acting as a tonic. Anaemic people should eat an abundance of that which increases the iron content in the body.

The following foods contain iron: lettuce, celery, spinach, green beans, green peas, onions, whole wheat, oats, nuts of all kinds, cherries, pears, plums, grapes, raisins, peaches, raw egg yolks, unsulphured dried fruits. Beetroot is one of the best foods containing iron, and it should be eaten raw, grated. When you boil it you break down the element in it.

14 *Silicon* is the element that hardens the bone structure; it is the flint in the body, the element that prevents disease. It is a great antiseptic, alkaline in nature.

It tears into the waste matter, cuts it to pieces and allows it to be eliminated from the body. It is the optimist, the joy-maker, the hair-growing chemical It brightens eyesight and complexion. It has a powerful influence on the nervous system and brain. It is a natural stimulant and resister of disease, warding off contagious diseases in children. Baldness and bad nails are due to lack of silicon and sulphur. Silicon prevents tuberculosis, tumours, and cancers; it builds up the sexual system and gives life to the skin, nails, and teeth. It works with iodine to stimulate glands, and it prevents old age. With calcium and phosphorus it strengthens teeth and bones, and with fluorine it cures brittle bones and soft teeth. People who are troubled with neurasthenia or poor circulation, liver trouble or constipation, all need silicon. It is good for pregnant mothers to ensure the bones and teeth of the child being in good condition.

The following foods contain silicon: whole wheat, oats, nuts, egg yolks (raw), apples, strawberries, grapes, cherries, peaches, spinach, raw cabbage, carrots, greens.

15 *Iodine* is the great gland regulator. It rejuvenates the system, gives mental energy, acts directly on the thyroid gland, and eliminates goitre. The thyroid gland acts on all other glands and balances the body. It creates youth and eliminates wrinkles, causing the blood to flow in abundance through arteries and veins. It is the great protector of the brain and nervous system from body toxins. Lack of iodine creates nervousness, worry, throbbing in the throat, erratic pulse, excitability. It assimilates calcium and other salts, and it is beneficial for backward boys and girls. Diabetic and nephritic types and those with flabby lower abdomens, head colds and nervous prostration need an abundance of iodine. Through gland rejuvenation, iodine balances the weight.

The following foods contain iodine: artichokes, onions, garlic, tomatoes, mushrooms, pears, apples, pineapple, raw egg yolks, orange juice, strawberries, grapes.

16 *Manganese* has the smallest amount in the body, only ¼ ounce, but without it you would absolutely decay. It is important for the nerves and brain; its lack means worry and confusion of mind. It is the element that keeps all the other elements in operation and prevents old age. It is a competent and effective neutraliser. It acts on the lining of the intestines and membranes of the viscera, the intestines and the linings of the membranes, the lining of the heart, and the bones and cranium. It increases recuperative powers of the body and prevents cancerous growths in organs, membranes and linings. It is the chemical of poise, strong nerves, good judgment. It co-ordinates thoughts, gives elasticity and quick recuperative ability. People who stutter, people who expect trouble, who have weak eyes or are absent-minded and dislike work, they all lack manganese.

The following foods contain manganese: all types of green foods, nuts, raw egg yolks, watercress, endive, prunes, unsulphured sun-dried fruits.

Not only must our minds be cleansed of all negative thoughts and emotions such as hate, anger, jealousy, and envy, but also our physical bodies must be cleansed. This can be done effectively only when we purify our bloodstream. Not only must the intestinal tract be cleansed but also every individual cell in the body must be cleansed, and cell toxins must be eliminated. The initial work here is elimination. To accomplish this, the secret lies in eating an abundance of life-giving foods with a powerful dissolvent and cleansing action, care being taken not to overtax our digestive organs. (See Eliminating Diet, page 133.) In fact the cleansing and renewal of the physical cells should be practised at definite intervals—say for one week in every three or four months.

The best time is the beginning of spring, summer and autumn. "Feed Health and Starve out Disease" is the motto. Long-standing conditions will naturally take more time to eliminate than those of a shorter duration, and the golden quality of patience must be maintained.

It is essential to think thoughts of health and breathe in the joy of life. Fill every mouthful of food with joy. Imagine all the cells in your body becoming joyful in the anticipation of health-giving food.

Rhythmic breathing is a most essential factor. Breath is the connecting link between the life and the body. Breathe deeply and draw into every atom of the body that abundant life which is waiting to serve mankind.

LECTURE X

Composition of the Body—What to Eat and What not to Eat —Raw and Cooked Foods—Fried Foods—Canned Fruits— Meat Substitutes—Methods of Cooking and Preparation.

THE composition of the body is :

Minerals	6%
Water	60%
Protein	18%
Fats	15%
Carbohydrates	1%

Thus we see we have not much need for an excess amount of carbohydrates.

Now, *carbohydrates* are a group of natural combinations containing carbon, hydrogen and oxygen which produce energy. Sugar and starches belong to this group. Honey and other foods, too, belong to that group. Honey is natural carbohydrate, a natural sugar. One can take plenty of honey where one cannot take plenty of sugar.

Starches are found mostly in potatoes, barley, mealies, rye, wheat and all breads and cereals prepared from grain. When exposed to strong heat the substance is changed in texture and is easily digested. That is why toast is easily digested. People with weak digestion for starches should toast their bread in the oven ; in this way the toast is very easily digested. In fact when it is so done a little can be taken with proteins, as it is easily digested.

Sugar is the simplest of heat producers and it is easily digested. The natural sugars come from honey, fruits, milk and vegetables, and we find that heat is produced in the body by taking these sugars. That is why honey is always good for a cold; it stimulates from the inside; it creates a natural heat, and it counteracts what we call the phlegmatic condition of the tissue brought about by a cold.

Fats are the most concentrated, heat-producing foods and this heat can be stored in the body for future use. They enable a person to combat cold elements. Of course, one must be careful not to eat too much because fats overburden the body and cause flabby weight, but it is necessary to have some fats, these to be stored in the body for future use. By looking at you I can tell that the majority of you could go several weeks without eating fats. That is why Eskimos eat fat blubber; it combats the cold elements.

The natural fats are derived from dairy products, nuts, vegetables, margarines and oils. We get plenty of fats from meats which are considered not so good for the body, especially for the human tissue, but we have been brought up generation after generation to eat meats. A little meat is sometimes good for the body, but too much of it creates waste matter and causes disturbances in the body.

Protein is contained in the nitrogenous food, and is the medium for tissue repair. The body is repaired by nitrogen. Proteins are found in nuts, wheat, cereals, peas, beans and lentils, dairy products, breads, meats, fowl and fish. Proteins create heat in the body, and it is this type of food that tends to repair the body. Tissue waste must be replenished, which is done by means of proteins. At the same time the protein material, nitrogen, is the slowing-down element of oxygen and hydrogen; it combines them and forms the tissue structure of the body. When you eat protein materials for a healthy body, you must eat plenty of oxygen and hydrogen-bearing foods, and these you get in juicy vegetables and juicy fruits. Fruit taken with meat is very valuable indeed.

Water: Much has already been said about water, which is about the most important ingredient for the functioning of the body. The most important substances in the body are hydrogen and oxygen, which are needed for the tissue of the body. Water yields energy and can be justly called a food because of its economical up-keep of body function. Fruit and vegetable juices, diluted 50% with water, are of great value in curing most troubles and in maintaining natural health. Without water you cannot live. In the same way a plant needs water; otherwise it dies, and similarly the human body needs water.

Natural elimination takes place when nitrogen foods are reduced to practically nil, and the drinking of fruit juices and the eating of fruit and vegetables are maintained for a period.

WHAT TO EAT AND WHAT NOT TO EAT

Adulterated foods and other scientifically treated and denatured foods do not have the necessary power to nourish the body and maintain proper health. They are robbed of their natural food value in the manufacturing process. If my instructions were carried out we would have an A.1 nation very quickly, and our hospitals would be empty; but unfortunately people disregard these wonderful truths and carry on in the same old way, continually abusing the body by overburdening it with food of the wrong nature, not drinking sufficient water, and suffering from wrong mental and emotional stresses and strains. All these cause the breaking down of body tissue and of the nervous system.

When people do not give the body the right foods they rob it of its natural elements. Foods that are denatured are robbed of their natural qualities, and are not good for the body. They have two unforgivable sins: they destroy or extract the necessary chemical elements and they deprive the food of its vitality. Food must have vitality; otherwise it creates in the body toxic conditions which must be eliminated. The main denatured foods are white flour, white rice, white sugar, corn and wheat products—called by the manufacturers body builders—spices, jellies, adulterated dairy products, *adulterated* dried fruits, and some canned goods. In fact 50% of the prepared foodstuffs are not fit for human consumption. When these foods are given to animals and birds, they undergo malnutrition. And that is a sure sign that there must be something wrong with the food. Animals and birds would die if given the same food that human beings live on.

RAW AND COOKED FOODS

We hear of conflicting arguments among dieticians. Some say cooking food destroys the vitamins and the valuable chemical properties, and that eating cooked food has deprived man of his natural instinct for foods of the plant kingdom. They say that man is eating himself into the grave, that unless he adopts a diet of uncooked food his life is doomed. On the other hand we have dieticians advocating that food prepared with the assistance of heat has superior advantages over raw diet, because raw foods possess certain microbes, bacteria and worms, which are destructive to the human tissues, and that the process of cooking destroys these germs and parasites. They also say that food from the plant cannot be properly digested in its raw state because man's digestive juices are too weak to break these foods into the elementary parts necessary for absorption into the body, and that cooking permits the digestive juices to permeate each molecule of food, permitting the starch to be turned into sugar and the vital energy stored up by the sun to be released and taken into the system.

Good points are to be observed in each contention, but *the most important factor lies in the COOKING OF FOODS SO THAT NOT ONE OF THE ELEMENTS IS THROWN AWAY AND IN THE TAKING OF A PERCENTAGE OF RAW FOODS IN THE DIET.*

When you read a dietetic book in one direction you are taken completely away from a raw diet, and another book takes you right away from a cooked diet ! So you are in a dilemma ; that is the trouble with dieticians today—they all have their own theories. Probably they have experimented, and possibly have thought : "What happens to me happens to everybody." But that is not the case ; and it takes experience to find these things out. I have had thirty years' experience among people trying to teach them how to live healthily ; and the best way is to teach them

(1) how to cook their food so that not one of the elements is drained away or destroyed, and
(2) to take a percentage of raw foods.

It is necessary to take some raw food in the diet, and I will tell you why. It is because of certain vitamins that are destroyed by heat. These vitamins that are destroyed by heat are most important to the physical organs, though we need not worry about vitamins so long as we eat a fair amount of raw food and a percentage of cooked food.

The majority of people in cooking vegetables boil the main element out of them. These are deposited in the water and given off in the steam. They are either thrown into the sink or they evaporate.

A vegetable is just like a herb. It is really a herb of nature. It comes from the soil. If you want to get the essence out of a herb you boil it, throw away the herb itself and drink the liquid, and it cures you of the trouble. You do the opposite when you boil your vegetables; you pour the essence down the sink, and stuff yourself with material that has nothing in it. You see now that you are overburdening your digestive organs, all for nothing. You boil down the vegetable substance and there is nothing left in it.

The proper way to cook vegetables is to steam them slowly in an *airtight* container so that none of the elements is destroyed or lost. In warm countries people should adjust their food to suit the climate by eating uncooked vegetables and fruits during the hot period of the year and cooked vegetables during the cold period.

In cooking, then, it is only necessary to put a small quantity of water with the vegetables. If an ordinary steamer is not available, a pot with a lid that is tight will do, and you can get some wire and lay your vegetables on wire strands in the pot. The water in the bottom of the pot steams the vegetables and it uses less heat and electricity. At the same time it is economical as it is beneficial.

It is unfortunate that we have so many scientists going to extremes. We should always maintain a balance, not only in food but also in everything we do. The right way to live is to obey Nature's law, and that is to eat both cooked and uncooked food, paying special attention to the nourishment contained therein.

In some parts of the country, where vegetables are grown in Native gardens, where they use urine and manure, it is necessary to dip the vegetables first in permanganate of potash of a fairly strong solution, leaving them in it for a little while if you should be eating them raw. With cooked vegetables it is a different matter altogether. Sometimes people get stomach trouble from uncooked foods, especially from those growing in some of the Native gardens. But most of the growers in the country farms are perfectly clean and use only water. You do not always know what you buy, however, so it is wise to be careful.

Fruit juices should be taken at least one hour before a starch meal; this is because you must separate your starches from your acids.

FRIED FOODS

Foods should not be fried, because this process prevents the food from being broken up into its elemental parts suitable for digestion. If the food cells are saturated with fat, digestion is prevented, and sometimes the pancreatic juice and the bile are not sufficiently powerful to break up the fat envelope which surrounds the cells of food; consequently they become decomposed in the intestines. This form of food causes inflammation and catarrh.

Fried potato is not good, it is even worse than fried proteins. Starches start their digestion in the mouth; proteins begin digestion in the stomach.

CANNED FRUITS

Canning and preserving of fruit have now advanced to a stage where very little nutrition is lost, and therefore canned fruits are not so bad as some people paint them. Fresh fruits are very much better, however. Canned fruits can be eaten with relish, imparting as they do extraordinary recuperative powers, and they can be given with ease to a delicate stomach because they are pre-digested.

Regarding children's diet: after a child has entered its second year, its digestive apparatus will handle semi-solid foods. It is a bad policy to give children candies and chocolates—foods not fit for digestion—and, if parents desire the child to be healthy and strong, they should follow out the following instructions.

During the first year, before weaning, give children a tablespoonful of tomato juice or orange juice. In the second year, in addition to milk and fruit juice, give them gruel made from oatmeal, barley and vegetables. At the age of three, children should be able to take raw and baked fruits; these should be properly masticated, and a child should be taught not to swallow its food whole. That, to a great extent, is most of the trouble; the child should not be allowed to swallow its food whole.

So give raw and baked fruits, potatoes (including the skin, as the valuable mineral salts are found close to the skin), cut-up raisins, dates and figs, tomatoes (raw), salads, sweet apples and other sweet-juiced fruits, and drinks made from fruits and berries. Only simple foods should be given. Soft boiled egg can be added occasionally. Milk and water and cocoa can be taken. These foods should be suitable until the child reaches the age of seven, eight or nine years, and then a more liberal diet can be taken. If you want to have healthy children, do not feed them on too much meat, fish, tea, coffee, or sweets. Train children towards natural foods; let them acquire this habit when they are young, and they will be healthy when they are old.

With regard to potatoes: peeled potatoes are nothing else but starch. Eat the skin, chew it up. A good thing is to put your potatoes in boiling water, or hot water, before you put them into the pot and pour that water off. There are certain poisons on the skin taken from the earth, and boiling water takes that away; then you cook your potatoes in fresh water.

I remember a child that was absolutely emaciated being brought to me. The child would not eat any food. I looked at the mother and said: "Do you give her sweets?" The mother said: "Yes, that is what the child is always crying for, sweets." I there and then told the mother that she was not to allow the child to get one single sweet. In a very short time the child was well.

MEAT SUBSTITUTES

Those who want to adopt a meatless diet should not indulge in artificially prepared meat substitutes as a source of protein, as this is supplied sufficiently from the vegetable kingdom. Vegetarians who live largely on foods such as "vegetable steak," "vegetable turkey," "duck," "goose," etc., in which the protoplasmic cells have been more or less destroyed by the prolonged cooking, have very little advantage over the meat eaters.

Should a person who is suffering from ill-health wish to regain good health, a meatless diet is the way to bring this about. After good health is regained and the person wishes to eat meat, then he or she should take it sparingly, because most of the troubles are generally due to an excess amount of waste matter in the system. The system is unable to get rid of the waste material, which clogs up skin, kidneys, and lungs and the system becomes full of all sorts of troubles. These can be eliminated only in the way I have explained to you. A sick person should have at least 80 per cent fruit and vegetables and 20 per cent starches and proteins.

A meatless diet is therefore far more conducive to health than a mixed diet consisting of animal and starch foods, deficient in alkaline elements. Proteins of fruits and vegetables, supplemented by a small amount of protein of nuts and legumens (especially the soya bean) and dairy products, are fully able to maintain protein sufficiency of the body.

It is good to live on a diet consisting purely of ripe fruits and green eating vegetables for weeks or even months, for it purifies the bloodstream, maintains a general healthy condition, and improves our physical and mental faculties and the general keenness of the senses.

In most diseases of the body it is more helpful to diet on raw fruit and vegetables than to go on an absolute fast, because often diseases are caused by the lack of the proper organic elements, and these are obtained by a restricted diet of fruit and vegetables. Some people go for ten days on a water diet, but too many of these fasts reduce the vitality of the body, and this is not good I never put people on a ten days' fast ; I find I get better results by giving plenty of fruit and vegetable juices, for with that the deficiencies of the elements in the body are overcome. The soya bean takes first place among the legumes, with a 40 per cent higher supply of proteins. It contains very little carbohydrates, only about 6 per cent, and is practically free from starch. The soya bean, I am sure, takes the place of most proteins and I think it is marked to become one of the staple foods in the whole world. I hope you will be able to get soya bean flour when things have settled down. This country should produce soya beans, because the climate is suitable for it.

METHODS OF COOKING AND PREPARATION

I. *Purpose of Cooking :*

(1) Kills bacteria in foods.
(2) Converts indigestible foods to a digestible form.
(3) Makes food more palatable through improved flavour, aroma and appearance.

II. *Faulty Methods of Cooking :*

(1) Boiling causes mineral salts to be dissolved, and they are lost when the water is discarded.
(2) Improper heating (too high temperature or too long exposure to heat) tends to devitalise food by decomposing its vitamins.

(3) Demineralisation in the preparation of foods, e.g., peeling potatoes and apples.

III. *Correct Methods of Cooking:*

(1) Preparation of fresh fruits and vegetables:
  (*a*) Some should be eaten raw.
  (*b*) Cooking should be done without water. This may be done successfully in modern utensils. One should avoid aluminium as far as possible.
  (*c*) Do not peel; cook with skins on and so preserve the mineral salts lying near the skin.

(2) Roasting of Meats.
  (*a*) A thorough searing retains meat juices in the fibres.
  (*b*) Cook slowly in modern roasters.

(3) Broiling of Meats.
  Thoroughly sear without use of grease.

(4) Preparation of Dried Foods.
  (*a*) Soak in water.
  (*b*) Cook by indirect steaming.

IV. *What-Correct Methods of Cooking Accomplish.*

(1) Protect the valuable minerals and vitamins. These are more precious than gold.

(2) Save money—in fuel, food, etc.

(3) Make food taste better—make children enjoy cooked vegetables.

(4) Protect and safeguard health—by preventing deficiency diseases and protecting the family against all manner of troubles such as decayed teeth, malnutrition, neurasthenia, gastric intestinal disorders, tuberculosis, anaemia, paralysis, and heart disease.

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LECTURE XI

Prevention of Disease—Effective Drugs—Food Substituted for Drugs—Reduce Fever and Neutralise Toxins—Specific Food Remedies—Vitamins.

TONIGHT I am going to deal with the second last lesson on Food; I am going to deal with food remedies and herbal remedies and show you the different foods used for different complaints.

PREVENTION OF DISEASE

Prevention of disease is one of the most important subjects affecting the human race.

Foods can be used in place of drugs. All natural foods have chemical properties which are beneficial to the human system, and some foods are extremely powerful in curing disease and preventing sickness; other foods are beneficial in aiding the recovery of convalescents.

The chemicals which are found in these foods are altogether of a different nature from the drugs which are supplied in medicine. The chemicals in foods are highly vitalised by the sun and are naturally powerful; the drugs supplied in medicine have not the power of elimination that these vitalised chemicals have. There is hardly a drug in the chemist's shop that cannot be supplied in one or another article of food, and when you take food having these chemicals you do three things:

1. You build up strong healthy tissue;
2. You get vitality at the same time;
3. You counteract the disease by the highly vitalised chemical elements which are absorbed into the body.

By taking drugs you do not vitalise the body ; neither can you absorb the inorganic substance into the system, and energy is wasted in expelling it. After a time you can look in the eye and find the drug has lodged in the body and that it is another factor to be coped with.

Eye-diagnosis is a subject that has come into prominence of later years and it has been proved in thousands of cases to be true. When you have a broken limb or a broken arm you will find immediately that a white streak comes in the eye at the spot corresponding to the break in the limb. When there is foreign matter, for instance inorganic iron, absorbed into the body, it would also show in that area of the eye representing the corresponding part of the body where that iron has lodged. Often the stomach shows it most. The stomach is represented around the pupil of the eye, which is divided into four sections, so that you can allocate the area to the area represented in the stomach. Some good works have been written on iris diagnosis and it would help you considerably to read these.

If anything goes wrong with your stomach you will find it in that area represented in the eye. If you have trouble in your lungs or trouble in your heart, it will show in that area represented in the eye. If you have a broken leg you will find the white streak in the eye where the leg is represented. Supposing you had taken iron or iodine inorganically, it may lodge anywhere in your stomach or in any organ ; and in the eye you would see a brown spot showing the area of the body affected. Strychnine and arsenic are shown in that area corresponding to the stomach wall. When the skin is out of order you see a black ring round the outside of the eye. This gives you some idea how the eye shows up any condition in the body.

The following is a list of foods which contain effective drugs :

STRYCHNINE	Radishes and Turnips ;
ARSENIC	Parsnips, Carrots and Cucumbers ;
IODINE	Carrots, Green Peas, White Cabbage, Asparagus, Tomatoes, String Beans, Lettuce, Mushrooms, Grapes, Raisins, Bananas, Strawberries and Pears ;
IRON	Apples, Cabbage, Cherries, Lettuce, Raisins, etc. ;
OPIUM	Onions and Lettuce ;
CALOMEL	Tomatoes.

These drugs are found in larger quantities in these foods than in any others, and these foods contain other chemicals and mineral salts of benefit to the human system.

The following is a list of foods substituted for drugs which will give more satisfaction and quicker and better results :

For HEADACHE POWDERS, ASPIRIN, Etc.	Plenty of Cool Water.
For NERVE TONICS	Carrots, Turnips and Radishes.
For NERVE SEDATIVE	Onions, Lettuce and Celery.

(The foregoing NERVE TONIC and NERVE SEDATIVE can be taken as a general tonic.)

For LIVER PILLS	Tomatoes.

(Tomatoes have a tremendous effect upon the liver. Some people say that tomatoes do not agree with them ; that is because the liver is out of order. Tomatoes should be taken in small quantities and increased until the liver is getting normal.)

For QUININE .. .. Dried Raspberries and Acid Fruits.

For BLOOD TONICS .. Carrots and Cherries.

When I was a boy we had an establishment in the north of Scotland where we used to breed blood horses; from these stables we supplied the crowned heads of Europe. I remember my father sending horses to the Kaiser, to Austria and Russia. We bred the best black horses; they were hardy and strong. These horses had to trot seven miles without a stop to prove their stamina, and then they were put together, first in pairs for landaulettes, and in fours afterwards. I remember we used to grow fields of carrots. The carrots were the finest things for their skin and blood, and what is good for animals is good for humans. The carrot is one of the finest blood tonics we have; it strengthens the blood and puts iron into it.

For CASTOR OIL .. .. Apples.

For IRON .. .. .. Apples, Cherries, Raisins, Spinach and Cabbage.

For KIDNEY PILLS .. Asparagus and Cauliflower.

For CASCARA .. .. Prunes.

After you have taken asparagus or cauliflower and you pass water, the water smells of asparagus or cauliflower. Each has a cleansing effect on the kidneys and bladder.

For LIQUORICE POWDER Buttermilk.

Buttermilk is one of the finest things for the stomach as well. It helps to kill the bacteria in the stomach and gives a natural healthy state to the walls of the stomach.

For EPSOM SALTS .. .. Rhubarb.

For SYRUP OF FIGS	..	Figs.
For AN ANTISEPTIC	..	Garlic, lemons and onions.

Garlic is a wonderful antiseptic.

There is nothing like lemon for a sore throat. Gargle with lemon juice, and lemon juice strained is the finest thing for catarrh. Cottonwool dipped in diluted lemon juice and placed on the eye eliminates styes.

To REDUCE FEVER AND NEUTRALISE TOXINS in the body, use acid and sub-acid fruits such as limes, lemons, grapefruit, mandarines, oranges, pineapples, plums, cherries, apples, peaches and pears. These fruits will reduce fever and neutralise the acids in the body, because when taken into the body they turn alkaline, reducing the temperature without causing after effects, also reducing the acidity naturally. They contain curative powers which drugs and medicines lack.

When one is suffering from rheumatism or allied troubles the cause is that acid accumulations are formed in the tissues and joints. The specifics for this illness are acid and sub-acid fruits, because when absorbed into the system they become alkaline and neutralise the acids. Sometimes at first when these acid fruits are taken they create a disturbance and very often set up a crisis in the trouble by momentary aggravation, but this soon passes away, and the pains and the acid accumulations in the tissue begin to be eliminated.

One must be careful about diet. Sugars, such as sweets, too much meat and potatoes are not good for acid conditions of the body. One has to reduce the diet to eliminate acids.

To purify the blood, one should eat the leafy vegetables which contain a large amount of mineral salts, conducive to enriching and purifying the blood, building strong bones, and powerful nerves.

All the leafy types of vegetables, the tops of carrots and the tops of the turnips and beets can be hashed up and placed in water to soak and taken the next day. There is a great deal of blood-purifying qualities in the leaves of these vegetables which are extracted by the cold water. Leave it overnight and drink it in the morning. Give the leaves a good wash before you cut them up.

On the chart that follows I show the most common diseases which can be effectively cured by foods. I also show in the latter part of this lecture the foods that are of a high, medium, and low protein value. Persons suffering from diseases due to acidity and a toxic condition of the body, especially diseases such as bladder trouble, Bright's disease, cancer, constipation, catarrh, consumption, skin disease, gastritis, growths, including goitre, indigestion, obesity, pyorrhoea, and tumours should take only the foods of a *LOW PROTEIN VALUE*, but in other troubles and in ordinary diet the low and medium can be taken without fear. The high protein foods should at all times be eaten sparingly, but are quite safe when taken with other foods so long as the high protein foods do not predominate. P. 17

The low protein value foods and fruits do not clog the system but cleanse it.

I have already advised that the body can absorb only a certain amount of protein foods. The remainder not absorbed passes into the colon and there decomposes, causing toxic absorption.

The following list contains the names of the most common diseases, and the names of the fruits and vegetables having a powerful medicinal property. When these fruits and vegetables are eaten they have decided results, more beneficial than any medicine; they give permanent relief because the bloodstream becomes pure, and further poisons will not be added to the system.

The juices of the fruits can be taken with excellent results, especially by those people with weak stomachs.

Food Chart of Specific Remedies

Anaemia :	Beans, Parsnips, Spinach, Turnips, Lettuce, Watercress, Olives, Raisins, Cherries, Grapes, Oranges, Lemons, Beetroot.
Appendicitis :	Butter.
Asthma :	Cabbage, Carrots, Horseradish, Yellow Turnip, Garlic, Honey, Cranberries, Figs. These foods have a definite effect upon the lungs. I have hardly ever seen a failure of that certain form of breathing that I showed you.
Biliousness : (*See Stomach also*)	Tomatoes, Celery. These are good for all biliousness or any liver condition.
Bladder Troubles :	Almonds, Asparagus, Barley, Beets, Watercress, Blackberries, Juniper Berries, Melons, Honey, Turnips, Cauliflower, Cabbage. (Honey is an excellent thing for the bladder and can be taken in quite large quantities.)
Blood Pressure :	Cabbage, Cauliflower, Sauerkraut, Figs, Honey, Raisins.
Blood Troubles :	Barley, Bran, Dates, Cabbage, Carrots, Onions, Parsnips, Spinach, Turnips, Watercress, Lemons, Oranges, Peaches, Rhubarb, Raisins, Grapes. (For skin trouble too.)

BRIGHT'S DISEASE: (*Kidney Troubles*)	Sweet Apples, Apricots, Figs, Melons, Sweet Oranges, Asparagus, Beets, Barley, Dates, Raisins, Honey, Tomatoes, Watercress, Onions, Cabbage, Cauliflower, Spinach.
BRONCHITIS:	Cabbage, Carrots, Leeks, Turnips, Figs, Elderberries, Honey, Garlic.
BONE TROUBLES:	Bran, Whole Wheat, Honey, Eggs, Carrots, and Raisins.
CANCER:	Carrot Juice or Grape Juice in abundance.
CATARRH:	Cherries, Figs, Grapes, Grapefruit, Honey, Lemons, Oranges, Tart Fruits, Horseradish, Yellow Turnips. A turnip poultice is the finest thing for chest trouble.
COLITIS:	Buttermilk, Honey, Sour Milk, Garlic, Flax Seed Tea, Dates, Fig Juice, Onions. Cinnamon is the finest disinfectant for any stomach trouble and any person suffering from colitis or any stomach trouble or bowel trouble should sprinkle their food with powdered cinnamon. Also, take a tablespoon of cinnamon bark in a pint of water and simmer it for fifteen minutes and then strain it when it is cold and drink that frequently during the day. It has a wonderful effect upon the stomach.
CONSTIPATION:	Apples, Apricots, Figs, Grapes, Lemons, Peaches, Pears, Plums,

	Prunes, Dates, Strawberries, Raisins, Rhubarb, Olives, Olive Oil, Sauerkraut, Spinach, Onions, Beets, Bran, Butter, Buttermilk, Coconut, Coarse Cereals, Whole Meal Flour, Honey, Lettuce.
Colds :	Unlimited acid Fruit drinks, Elderberries, Figs, Horseradish, Lemons, Leeks, Onions, Yellow Turnips.
Consumption :	Dandelion, Dates, Figs, Honey, Grapes, Radishes, Onions (boiled), Turnips (white), Watercress.
Cough :	Elderberries, Figs, Honey and Lemon Drink, Leeks, Onions, Turnips.
Cramp :	Blackberries, Cherries, Raspberries.
Diabetes :	Almonds, Apricots, Asparagus, Beans, Carrots, Cheese, Cream, Peanuts.
Diarrhoea :	Bananas, Blackberries, Buttermilk, Cranberries, Coconut, Rice, Chocolate.
Diphtheria :	Pineapple.
Dropsy :	Artichokes, Carrots, Horseradish, Garlic, Figs, Dandelion
Dyspepsia :	Almonds, Blackberries, Grapes, Oranges, Parsnips, Lettuce, Tomatoes, Dandelion, Sultanas.
Ear Disease :	All acid fruits.
Eczema :	Cucumbers raw, Carrots, Tomatoes,
Fever :	Blackberries, Cranberries, Grapes, Grapefruit, Lemons, Oranges, Raspberries and Strawberries, Lemon and Orange Drink (unsweetened), Barley.

Gallstones :	Cherries, Dandelion, Olive Oil, Radishes, Turnips.
Gastritis :	Carrots (steamed), Onions (boiled), Potatoes (baked).
Goitre :	Goitre of course requires iodine. Asparagus, Mushrooms, Peas (green), Beans (stringed), Cabbage (white), Carrots, Lettuce, Bananas, Grapes, Pears, Strawberries, Tomatoes.
Gout :	Asparagus, Celery, Tomatoes, Cabbage, Apples, Blackberries, Cherries, Grapes, Strawberries. Acid Fruits. Oranges are the finest things in the world for heart.
Gravel :	Cherries, Dandelion, Turnips.
Headache :	Plenty of Cool Water.
Heart Disease :	Oranges.
Indigestion :	Apples, Cherries, Cranberries, Pineapple, Figs, Honey, Beets, Sauerkraut, Sultanas, Grapes, Raisins.
Insomnia :	Leeks, Lettuce, Onions, Spinach, Raisins, Sultanas.
Intestinal Obstruction :	Butter.
Jaundice :	Apples, Artichokes, Beets.
Kidney Troubles :	Blackberries, Grapes, Melons, Juniper Berries, Strawberries, Honey, Raisins, Asparagus, Barley, Beets, Tomatoes, Turnips, Watercress, Cabbage, Cauliflower, Celery, Dandelion, Spinach.

LEANNESS :	Bananas, Barley, Corn Meal, Wholemeal Flour, Macaroni, Spaghetti, Rice, Potatoes, Malted Milk, Peanuts, Beans, Honey.
LEUCORRHOEA :	See Catarrh.
LIVER TROUBLES :	Apples, Cranberries, Grapes, Grapefruit, Figs, Lemons, Oranges, Plums, Celery, Dandelion, Watercress, Tomatoes, Horseradish.
NAUSEA :	Apricots, Almonds, Lemons.
NERVOUS DISEASE :	Asparagus, Celery, Leeks, Lettuce, Olives, Onions, Dates, Garlic, Oranges, Spinach, Turnips, Carrots, Horseradish.
OBESITY :	Apricots, Lemons, Oranges, Pineapples, Celery, Sauerkraut.
PILES :	Grapes, Spinach (also see Constipation).
PNEUMONIA :	Grapefruit, Lemon Drinks, Oranges, Pineapples. All acid and sub-acid fruits.
PYORRHOEA :	Acid and sub-acid fruits.
RHEUMATISM :	Asparagus, Apples, Blackberries, Cherries, Grapes, Strawberries, Lemons, Oranges, Cabbage, Celery, Horseradish, Tomatoes.
SEXUAL IMPOTENCE :	Dates. Dates are probably one of the finest things you can take for weakness, impotency, they are filled with vitamins. They grow only where there is plenty of sun and they are filled with vitamin D which is a most essential element for sexual weakness.

SKIN DISEASE:	Beets, Cabbage, Carrots, Spinach, Peas (green), Turnips, Watercress, Onions, Lettuce, Tomatoes, Cranberries, Grapefruit, Lemons, Oranges.
SORE EYES:	Beets.
SORE THROAT:	Elderberries, Pineapple, Raspberries, Honey, Lemons, Honey and Lemon Drink, Turnips.
STOMACH TROUBLE: (*See also Indigestion*)	Grapefruit, Pineapple, Sauerkraut, Spinach, Sultanas, Grapes.
TAPE WORM:	Coconut, Pumpkin Seed Tea, Pomegranates.
STIMULATION:	Chocolate, Cocoa, Garlic, Turnips.
TUMOURS:	See Blood Troubles.
WEAKNESS (muscular):	Bran, Wholemeal Flour, Buttermilk, Cream, Milk, Chocolate, Cocoa, Eggs, Honey, Peanuts, Bananas, Beans.
WORMS:	Apricots, Pomegranates, Garlic, Pumpkin Seed Tea.
THE BEST ANTISEPTICS ARE:	Garlic, Lemons, Onions.

The following is a list of foods of a *Low Protein Value* and only these foods should be taken by those who are suffering from the diseases enumerated on page 167, except when otherwise indicated on the Chart for Diseases.

Apples, Apricots, Asparagus, Bananas, Beans (string), Beets, Blackberries, Butter, Buttermilk, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cherries, Citrus Fruits, Cranberries, Cucumbers, Currants, Dandelion, Dates, Figs, Grapes, Grapefruit, Honey, Leeks, Lemons, Lettuce, Wholewheat (cooked), Maple Syrup, Maple Sugar, Brown Sugar, Melons, Milk, Molasses, Musk Melons, Mushrooms, Oatmeal, Olive Oil, Olives, Onions, Oranges, Parsnips, Peaches, Pears, Pineapple, Plums, Postum (drink), Pomegranates, Potatoes, Prunes, Pumpkin, Radishes, Raspberries, Raisins, Rhubarb, Sauerkraut, Spinach, Strawberries, Turnips, Tomatoes, Watercress.

The following are foods of *Medium Protein Value* and can be taken in the ordinary diet with an abundance of the low protein foods. They may also be taken by those suffering from any diseases not enumerated on page 167, but one should consult the Chart of Foods given for various diseases. Page 168. (Eggs at all times should be taken sparingly.)

Barley, Butter Beans, Lima Beans (Fresh), Bread (Whole wheat and Rye), Whole Cereals, Chestnuts, Coconut, Corn Meal, Whole Wheat Crackers, Eggs, Flour (Wholemeal), Whole Rice, Rye, Kidney Beans, Shredded Wheat, Green Peas (fresh).

Following are foods of a HIGH PROTEIN VALUE. These should be taken sparingly at all times but are quite safe when taken with other foods, providing they are less than a quarter of the diet. They should not be taken by anyone suffering from any disease, except when shown on the Chart for Diseases.

Meat, Fish, etc.—all Nuts, Cheese, Cocoa, Chocolate, Cream, Lentils, Malted Milk, Beans (dried), Peanut Butter, Peas (split and dried).

This now completes the food section of the Course, and all the main features have to be taken into consideration. We must remember that by eating the proper foods we advance steadily spiritually, mentally and physically.

GOOD HEALTH, CONTENTMENT, AND SUCCESS ALONE BRING HAPPINESS and you must realise that these things can be obtained only by an harmonious blending of the three great principles of Man—His

Spiritual Being—His Mental Being—and His Physical Being.

Without health you cannot enjoy wealth; and, no matter how you strive for success or endeavour to get happiness, you will never achieve your objective if you neglect to put into practice what I have told you.

Before leaving this section of the Course I want to give you some valuable hints about food. You will find these hints to be very effective.

It is better to drink before and after meals than with them. That is one thing you should remember, because when you drink with your meals you weaken the digestive juices and they are not powerful enough to digest your foods. Half-an-hour before or after your meals you can drink liquids.

Go without a meal occasionally; the omission will do you good. Drink orange juice during the day and take some fruit for supper.

The grape family such as Grapes, Muscatels, Sultanas, and Raisins, also Apples, Lemons, Oranges and Nuts, have powerful sustaining qualities.

Nuts have a powerful sustaining quality.

The most concentrated nourishment is contained in Bananas, Dates, Figs, Muscatels, Nuts, Raisins, and Sultanas. It has been proved that soldiers can march further and endure more hardships when fed on these foods. I lived with the Bedouin Arabs in the desert for eighteen months when travelling across Arabia and in a haversack we would take some figs, dates and *chupatti*, which is just meal mixed with water, spread and baked on a stone. We could go for many miles without a stop. It was marvellous to see these Bedouins crossing the desert and I had to keep up with them. I found that their food was more sustaining than my usual diet.

The extraordinary thing was that, later on, when I went back to Arabia during the last war, I saw the British soldier with his field kitchens carrying lorryloads of supplies to feed 800 men while the Arabs had none of that at all ; yet they could go further, with only a haversack of food on their backs. Much of the food we put into our stomachs is wholly unnecessary.

Ripe fruits contain sugar in its natural form and should be given to children instead of sweets.

Grapes are better than milk in restoring the health of a very sick person, they are rich in a substance which repairs waste and builds new tissue. They also strengthen the blood and the gastric juices, and replenish the nervous system.

For children the grape juice diluted is excellent for teething ; there is nothing better in the world. Children will lap it up. There is a lot of potassium in it and it helps to allay fever. The juice of grapes is splendid for infants when teething ; the potassium bicarbonate inherent in the grapes reduces the irritation and fever. The grape sugar is easily and quickly assimilated and gives to the infant natural warmth and energy ; it also fattens and strengthens and reduces the acidity created by teething fever.

Orange juice is good for infants, but it must be diluted. Half a teaspoonful of lemon juice every half-hour will cure a child of gastric trouble quicker than any medicine. Tomato juice probably is the finest thing for infantile diarrhoea ; even if the child is only a few months or weeks old give tomato juice in teaspoon doses and you will find a rapid recovery.

If a child is constipated do not give it purgatives but inject into the rectum with a glass syringe a tablespoonful of lemon juice and a tablespoonful of warm water mixed. This will clean away the fermenting mass without pain.

Fruit juices are a splendid all-round medicine for young and old. Have these first thing in the morning; here is the recipe: Take a heaped teaspoonful of sultanas or raisins, wash thoroughly in cold water, place in a cup, add two tablespoonsful of cold water and the juice of one lemon. Let it stand overnight. In the morning sip the liquor and then thoroughly masticate the fruit. You will improve the quality by soaking the peel and pips of oranges and lemons in the water which you use for the liquor.

If you have a weak stomach give it a rest. For a whole week eat only the following with a steady course of fruit liquor: Grapes, Sultanas, Raisins, Dates, Mashed Bananas, Grated Apples and a little Grated Almond. Drink plenty of Orange, Lemon and Carrot Juice. Take only three meals a day. This will strengthen your digestive organs and eventually cure you. There is nothing like thoroughly mashed bananas for a sour stomach that is inflamed. Bananas must be whipped into a cream and taken with just a little milk.

Lemon juice will cure the most stubborn sore throat. Spray the throat with undiluted lemon juice; by spraying the juice it is not weakened by the saliva.

More brain energy is obtained from fruits and vegetables than from any other food.

If you are suffering from piles you probably are suffering also from constipation. Clean your bowel out with an enema, then inject into the rectum with a small glass syringe a dessertspoonful of undiluted lemon juice every night for a week. The lemon juice will contract the gorged blood vessels and heal any ulcers. Avoid pills and medicine and patent concoctions; they are worse than useless. Follow my advice and the piles will disappear as if by magic. Do not eat any sloppy food such as soup, gravies, puddings, or any stimulating foods. Take fruit liquor and fruit drinks: eat from the grape family, ripe fruits and baked vegetables only.

Lemon juice is the most powerful natural antiseptic known. You can apply it freely without fear of reaction.

You can use it undiluted for all troubles that require douching or bathing, such as catarrh, hay fever, boils, ulcers, cuts, etc.

Do not coddle yourself; it weakens you and gives disease a chance.

Do not over-clothe your body, wear open woven garments next to your skin—cotton always in summer because it absorbs the perspiration and allows it to evaporate. The air should circulate between your skin and clothing.

Do not wear tight shoes, tight garters, tight belts, tight corsets or any tight clothing.

Do plenty of walking. It is one of Nature's best exercises.

VITAMINS

Vitamins are more or less on the tongue of every normal adult, dietician and doctor. They commanded attention first, probably, back in 1747 when oranges and lemons were found to prevent scurvy. Up to date they have found some seven vitamins and will probably find many more in years to come. Vitamins seem to offer the "kick" to the minerals that enter our body. They are little invisible helpers ready to right every wrong that may come about in the complicated processes of building and maintaining a perfect body. Natural foods contain all the vitamins that have been discovered and will be discovered. Scurvy, pellagra, beriberi and most all diseases are the result, partially at least, of vitamin-starved food. Cheat the body of vitamin-rich food and you are on a disease producing diet. QUALITY foods count—NOT Quantity. My Balanced Living Regime (on page 134) provides all the minerals and vitamins necessary to maintain a healthy body.

VITAMIN A

ANTI-OPHTHALMIC (FAT SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN A

Loss of Weight and Vigour. Loss of Vitality and Growth. Loss of Strength and Glandular Balance. Eye Infections, Emaciation, Faulty Muscular Functions, Rough Dry Skin, Acne, Poor Vision, Poor Digestion, Diarrhoea, and Nephritis. (Children require this vitamin more than adults.)

CONDITIONS CONTROLLED BY VITAMIN A.

Makes Tissues More Resistant, Especially to Colds and Catarrhal Infections in Respiratory Organs, Sinuses, Ears, Bladder, Skin, and Digestive Tract. Increases Blood Platelets and Promotes Growth and Feeling of Well Being.

STABILITY

Cooking temperatures do not affect this vitamin much, but it is destroyed by heat in the presence of oxygen.

STORAGE

This vitamin is stored in the body for future needs. A surplus is depleted quickly under strain and stress.

FOODS RICH IN VITAMIN A

Green Leafy Vegetables and Yellow Vegetables.

Spinach, Swiss-chard, Green Lettuce, Cabbage, Tomatoes, Carrots, Green Peas, Sweet Potatoes, Endive, Beet Leaves, Mustard Greens, Brussels Sprouts, Green Celery, Yellow Squash.

Milk, Butterfat, Egg Yolk, Whole Milk, Cheese.

Bananas, Apricots, Peaches, Melon, Cherries, Papaya, Avocada, Mango, Prunes, Pineapple.

VITAMIN B

ANTI-NEURITIC (WATER SOLUBLE)

Conditions Caused by Lack of Vitamin B

Nervous Exhaustion, Loss of Growth, Loss of Reproduction Function, Loss of Appetite. Beriberi, Polyneuritis, Intestinal Gas, Fermentation, Faulty Nutrition and Assimilation, Indigestion, Convulsions, Soreness, Pain, Lack of Digestive Juices, Slow Heart Beat, and Impaired Insulin Secretions.

Conditions Controlled by Vitamin B

Makes for Better Absorption of Food and Normalises the Brain and Nervous System by Increasing Metabolic Processes.

Stability

Ordinary cooking does not affect Vitamin B, although heat might affect it. Soda added to keep vegetables green destroys Vitamin B.

Storage

Limited quantities of Vitamin B are stored in the body.

Foods Rich in Vitamin B.

Yeast, Egg Yolk, Whole Milk, Lean Beef, Liver, Kidney, Asparagus, Spinach, Tomatoes, Peas, Turnip Greens, Mustard Greens, Chard, Celery, Potatoes, Carrots, Cabbage, Beet Leaves, Cauliflower, Lettuce, Broccoli, Onions, Peppers. Grapefruit, Lemons, Oranges, Bananas, Pineapple, Apples, Melon, Peaches, Avocados, Grapes, Prunes, Dates, Cherries, Pears. Whole Grains: Wheat, Rye, Corn, Rice, Barley, Oats, Almonds, Walnuts, Chestnuts, Brazil Nuts, Pecans. All Legumes.

VITAMIN C

ANTI-SCORBUTIC (WATER SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN C

Tender Painful Swelling of Joints, Poor Health, Faulty Nutrition, Scurvy, Loss of Appetite, Loss of Weight, Irritable Temper, Poor Complexion, Loss of Energy, Irregular Heart Action, Rapid Respiration, Reduced Haemoglobin, Reduces Secretion of Adrenals, Cataract, Haemorrhage.

CONDITIONS CONTROLLED BY VITAMIN C

A marvellous health promoter as it wards off acidosis.

STABILITY

Destroyed by heat, cooking, low temperature, and oxidation.

STORAGE

Vitamin C is not stored in the body—we must get a fresh supply every day in our diet.

FOODS RICH IN VITAMIN C

Oranges, Lemons, Grapefruit, Limes, Melons, Berries, Apples, Pineapple. Cabbage, Tomatoes, Spinach, Peas, Broccoli, Collards, Brussels Sprouts, Celery, Parsley, Endive, Watercress, Turnips and Turnip Greens, Cucumbers, Cauliflower, Radishes.

VITAMIN D

ANTI-RACHITIC (FAT SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN D

Rickets, Soft Bones, Lack of Body Tone, Fatigue, Respiratory Infections, Irritability, Restlessness, Constipation, Ptosis, Prolapsus, Dental Caries, Retards Growth, Instability of Nervous System.

FOODS RICH IN VITAMIN D

Fish Oils, Cod Liver Oil, Halibut Liver Oil, Egg Yolk, Butter, and Milk. Green Leafy

CONDITIONS CONTROLLED BY VITAMIN D

Facilitates Absorption of Calcium and Phosphorus from Foods, Consequently a Great Bone Builder, Guards against Tuberculosis, Regulates Mineral metabolism.

STABILITY

Heat or oxidation does not affect Vitamin D.

STORAGE

Nature expects us to get this vitamin from the sun. We get our greatest source by exposing the skin to sunlight. This sunlight contains ultra violet rays which change the ergosterel in the skin into limited amounts of Vitamin D.

A limited amount of Vitamin D is stored in the body.

Vegetables grown in the sunshine.

A certain quantity is found in all fruits especially oranges, grapefruit, grapes, etc.

VITAMIN E

ANTI-STERILITY (FAT SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN E

Sterility, Loss of Adult Vitality.

CONDITIONS CONTROLLED BY VITAMIN E

Essential in Reproduction, Poor Lactation, Menstrual Disorders, Miscarriage, Dull Mentality, Pessimism. Despondency, and Loss of Courage.

STABILITY

Heat or oxidation do not affect Vitamin E.

STORAGE

Limited supply is stored in body.

FOODS RICH IN VITAMIN E

Milk, Cottage Cheese, and Wheat Germ.

Vegetable oils such as Olive Oil and Soya Bean Oil.

Green and Leafy Vegetables, Yellow Corn and Raw Fruits.

VITAMIN F

ANTI-NEURITIC (WATER SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN F

Stunted Growth, Sexual Immaturity, Falling Hair, Baldness, Loss of Appetite, Skin Disorders, Nervousness and Eczema.

CONDITIONS CONTROLLED BY VITAMIN F

Vitamin F is necessary for all round development.

STORAGE

More Vitamin F is necessary as the metabolic note increases in the body.

STABILITY

Long cooking destroys Vitamin F.

FOODS RICH IN VITAMIN F

Yeast, Whole Grain, and Eggs. Root vegetables and Fresh Spinach. Fruits, particularly Orange Juice. Nuts.

VITAMIN G (B_2)

ANTI-PELLAGRIC (WATER SOLUBLE)

CONDITIONS CAUSED BY LACK OF VITAMIN G

Nerve disorders, Irritability, Pellagra, Skin Eruptions, Loss of Hair, Stomach Disorders, Cataracts, Old Age, Lack of Growth, Poor Appetite, Digestive Disturbances.

CONDITIONS CONTROLLED BY VITAMIN G

Prolongs Life Span, Increases Adult Vitality.

STABILITY

Heat does not affect Vitamin G.

STORAGE

A limited amount is stored in the body, it must be added daily.

FOODS RICH IN VITAMIN G

Whole Milk, Buttermilk, Cheese, Cream, Eggs, Meats, Wheat Germ, and Yeast. Green Leafy Vegetables.

LECTURE XII

Herbal Remedies—Final Instructions for Applying the Remedies.

THE secrets of herbal remedies were known to the Ancients who handed them down from generation to generation. The ancient Egyptians were adepts in the use of herbs ; their knowledge surpassed that of ours today.

Marvellous results have been obtained by these remedies.

Advanced medical men who have made a study of them and applied them have cured when others have utterly failed.

Other healing methods given in my Lectures should also be applied to ensure prompt and permanent results.

I have classified these herbal remedies so that at a glance the doctor, the non-medical practitioner, and the individual sufferer can apply the remedies to their troubles.

CHART OF MEDICINAL HERB FORMULAE

The following is a list of the most common diseases, with the herbs having powerful medicinal properties over the trouble. If they are taken regularly they will give immediate results, being much more beneficial than any drugs. They contain the natural elements of air, earth, fire and water, and also contain the essence of all properties necessary for mankind in the natural state. They are harmless and can be used without fear.

Chronic diseases are generally slow in being eliminated. Patience and perseverance are, therefore, necessary, and these virtues, when continued, meet with due reward. The botanic system, on account of its safety and simplicity, is suitable for domestic and home treatment. Diseases that have resisted all other means of medical treatment have responded instantly to herbal remedies, and many of the most successful doctors in all parts of the world today are using them with astonishing results. Those suffering from any chronic disease should communicate with the author, who can give a complete regime, together with a special herbal formula.

The Remedies. In the use of herbs, take one ounce of each herb, except where stated otherwise ; mix together and keep in a dry place. Use about 1 tablespoonful of the mixture at a time, simmer (but do not boil) in 1½ pints of water for 15 minutes. Strain when cold and take half a cup three times a day. It can be sweetened with honey or flavoured with lemon or essence to taste. There is no need to take nauseating concoctions. For major complaints master formulae can be obtained from the author ; also complete information regarding diet and exercise may be had. Those desiring complete health and happiness should obtain the author's inspiring and instructive works dealing with all phases of life in general.

ABSCESSES : (*Also see ulcers*)	Bayberry, Figwort (also as poultice), Swine Grass, Wood Sanicle, (Slippery Elm Bark Powder, poultice).
ACIDITY : (*See also Indigestion and Dyspepsia*)	Burnet Saxifrage, Meadow Sweet, Dandelion, Peppermint, Liquorice Root.
ANTISEPTICS :	Bayberry, Eucalyptus, Echinacea, Golden Seal, Southernwood. Use each one separately.
ASTHMA :	Horehound, Hyssop, Vervian, Agrimony, Liquorice root ; or, Horehound, White Pine Needles, Lobelia ½, Ginger Root Crushed ½.

BILIOUSNESS : (*Also see Liver Troubles*)	Agrimony, Golden Seal, Mandrake ½, Spearmint, Yellow Dock.
BITES : (*Dogs, snakes, insects, etc*)	Pimpernel, also apply externally.
BLADDER TROUBLES : (*See also Gravel and Urine Troubles*)	Buchu, Wild Carrot, Parsley Piert, Uva-Ursi, Juniper Berries ; or, Marshmallow, Queen of the Meadow, Gravel Root, Comfrey Root, Slippery Elm Bark.
BLOOD TROUBLES :	Burdock, Cherry Bark, Yellow Dock, Sarsaparilla, Wood Sanicle ; or, Queen's Delight, Prickly Ash Berries, Sassafras, Guiacum Chips, Wood Betony.
BLOOD PRESSURE :	Common Stinging Nettles or Cayenne pills.
BOILS : (*See also Blood Troubles*)	Burdock, Dock Root, Parilla Root, Wood Sanicle.
BOWEL TROUBLES :	Bayberry and Black Root ; or, Cascara ½, Ginger Root ½, Raspberry Leaves—for obstructions ; or, Senna Pods, Slippery Elm Bark, Tormentilla, for relaxed bowels.
BRONCHITIS :	Balm of Gilead, White Bryony ½, Blood root ¼, Gum Ammoniacum ¼, Comfrey Root ; or, Liquorice Root, Lobelia ¼, Mullion, Red Clover, Slippery Elm Bark, Squills.
BRUISES :	Black Bryony (also as a poultice) ; or Chamomile, Marshmallow ; or, Solomon's Seal (also as a poultice).

BURNS:	Linseed Oil, or Olive Oil; or, Cold Tea (applied externally).
CANCER: (*Also see Ulcers*)	Blood Root, Dock Root, Fluellin, Poke Root Leaves (also as poultice); or, Prince's Pine, Red Clover (also as a poultice), Violets (also as a poultice), Liquorice Root, Dock Root.
CATARRH:	Boneset, Buchu, Bryony, Comfrey Root; or Cubebs, Coto Para (intestines), Horehound, Iceland Moss; or, Lobelia ¼, Kava Kava, Lime Flowers, Myrrh; or, Pulsatilla, Red Sage, Squills, Yarrow (women).
COLIC:	Dandelion, Buchu, Fennel Seeds, Sweet Flag Root, Marshmallow; or, Spearmint, Peppermint, Ginger Root (crushed); or, if vomiting, Agrimony, Dandelion, Juniper Berries, Centuary, Parsley Roots ½, Cloves ¼.
COLITIS:	Slippery Elm Bark gruel, twice daily, and also rectal injection, mixing 1 oz. to 1 pint of boiling water, to be used at blood heat.
CONSTIPATION:	Fluid extract Bayberry, Dandelion, Cascara ½, Liquorice ½, Tincture of Ginger ¼. One teaspoonful of this mixture in water taken at bedtime.
COLDS:	Bayberry, Boneset, Calamint, Catnep, Coltsfoot, Elder Flowers; or Ipecacuanha, Horehound, Vervian, Wake Robin Root, White Bryony ½.

CONSUMPTION : Comfrey Root, Coltsfoot, Horehound, Golden Seal Root, Dandelion Root ; or, Balm of Gilead, Slippery Elm Bark, Lungwort, Chestnut Leaves and Hyssop.

COUGH : Gum Ammoniac ¼, Aniseed, Blackcurrant, Coltsfoot, Horehound ; or, Liquorice Root, Ipecacuanha, Irish Moss, Hyssop, Marshmallow.

CRAMP : Asafetida Gum pills ; or, Cramp Bark, Prickly Ash Berries, Silver Weed (for stomach), Wake Robin (for stomach), Scullcap, Valerian, Ginger Root crushed ½.

DIABETES : Agrimony, Bistort Root ½, Prickly Ash Berries, Jaborandi, Jambul Seeds ; or, Meadow Fern Berries, Prickly Ash Berries, Periwinkle, Sumach Sweet, Cranesbill.

DIARRHOEA OF DYSENTERY Agrimony (children), Slippery Elm Bark, Bistort Root, Cinnamon Bark or Clove ¼, Cranesbill Root, Knotgrass (children), Garden Sage (gripes children) ; or, Knapweed Seed (children), Life Root, Meadowsweet (children), Nutmeg; or Plantain, Sanicle Wood, Slippery Elm Bark, Raspberry leaves, Sumach Sweet ; or, Tormentilla, Wild Mint, Witch Hazel, Yerba Reuma.

DROPSY : Agrimony, Bitter Root, Broom, Carrot Wild, Clivers, Dwarf Elder ; or, Dandelion Root, Elder Flower, Haircap Moss, Horseradish, Horse-

	tail, Juniper Berries; or, Pellitory-of-the-Wall, Meadowsweet, Prince's Pine, Queen-of-the Meadow Root, Shepherd's Purse.
DYSPEPSIA and INDIGESTION:	Agrimony, Dandelion Root, Raspberry Leaves, Chamomile Leaves, Catmint, Ginger Root ½; or, Bitter Root, Burnet, Centuary Gentian.
EPILEPSY and FITS:	Burdock Seeds (also for convulsions), Catmint, Catnep, Horehound, Mistletoe ½, Peruvian bark ½; or, Pellitory-of-the-Wall, Peony Root, Scullcap, Valerian, Wood Betony; or, Valerian root, Scullcap, Hops, Gentian Root, Wild Yam.
ERYSIPELAS: (*skin troubles*)	Elder Flowers, Holy Thistle, White Poplar Bark, Yarrow.
EYE TROUBLES:	Chickweed, Eyebright (also lotion); or, Fennel Seeds, Fools Parsley, Slippery Elm Bark, Golden Seal; or, Raspberry Leaves (inflammation lotion).
FEVERS:	Elder Flowers, Yarrow, Raspberry Leaves, Peppermint, Pleurisy Root, Ginger Root crushed.
FLATULENCE:	Agrimony, Burnet Saxifrage, Calamus Root, Cloves ½, Coriander Seeds; or, Galangal, Gentian, Ginger Root ½, Peppermint, Spearmint, Cascarilla.
GALLSTONES: (*See Liver Troubles*)	Orange juice and Olive Oil beaten together; or, Pellitory-of-the-Wall, Wood Sage, Woodruff; as a foment use Hops, Poppy Heads, Ragwort and Wormwood.

GASTRITIS :	Slippery Elm Bark Food taken as gruel with honey and hot milk (good for all inflammation), foment with Cayenne and Chamomile and Prickly Ash tea.
GLAND SWELLINGS, GOITRE :	Black Cohosh, Marshmallow (also as a poultice), Sassafras Bark, Nettle Seeds ; or, Kelp, also rub night and morning with Sassafras and Olive Oil (50 per cent mixed).
GOUT :	Ash Leaves, Bryony White ½, Burdock, Bogbean, Couch Grass ; or, Elder Flowers, Goutwort, Ground Pine, Quaiacum Chips ; or, Kava Kava, Prickly Ash Berries, Ragwort (also external), Sassafras, Uva Ursi.
GRAVEL :	Buchu, Calamint, Carrot Wild, Clivers, Coolwort, Dandelion Root, Gravel Root ; or Hydrangea, Parsley Piert, Pellitory-of-the-Wall, Queen of the Meadow Root, Stone Root.
HEADACHE :	Balm, Betony (soft brain and dizziness), Broom (water on the brain), Blue Flag (bilious) ; or, Calamint, Catmint, Lime Flowers, Nutmeg, Passion Flowers ; or, Pellitory Root (chewed); Rosemary (water on the brain), Scullcap, Sage, Valerian American ; or, Dandelion Root, Scullcap, Catmint, Ginger Root crushed.

HEART TROUBLES:	Dandelion, Hawthorn Berries ¼, Hartstongue; or, Motherwort, Tansy, Marigold Flowers, Lily of the Valley ½, or Fluid Extract Grandiflorus ¼, Fluid Extract Bryonia, Fluid Extract Valerian. (Dose: 20–30 drops in hot water).
HAEMORRHAGES:	(From lungs) Bistort Root, Tormentilla Root, Oak Bark, Comfrey Root; or, Beth Root, Bloodwort, Skunk Cabbage, Slippery Elm Bark. (From stomach or bowels) Yarrow, Tormentilla, Bistort Root, Comfrey Root, Slippery Elm Bark. (From menses) Black Haw, Loosestrife, Cudweed and Bistort Root.
HYSTERICS:	Catmint, Gentian Root, Scullcap, Motherwort; or, Pennyroyal, Scullcap, Tansy, Valerian.
INSOMNIA:	Bugleweed and Hops; or, Indian Hemp (dose extract 3 drops); or, Lime Flowers, Orange Buds, Passion Flowers; or, Scullcap, Valerian and Hops, taken on retiring.
JAUNDICE:	Agrimony, American Mandrake ½, Balmony, Barberry; or, Bearsfoot, Blood Root, Celandine, Dandelion Root; or, Fumitory, Liverwort, Pichi, Poplar Bark. (Bowels must be kept well open.)
KIDNEY TROUBLES:	Balm of Gilead, Parsley Piert, Broome ½, Buchu ½, Wild Carrot Seed, Comfrey Root; or, Dande-

	lion Root, Slippery Elm Bark, Grindilla, Gravel Root ; or, Hydrangea, Irish Moss, Juniper Berries, Marshmallow ; or, Pareira Root, Parsley Piert, Pichi, Queen-of-the-Meadow Root (removes stones) ; or, Uva-Ursi, Gravel Root, Parsley Piert, Wild Carrot, Wood Sage (removes stones).
Leucorrhoea :	Avens, Beth Root, Comfrey Root, Cransbill Root ; or, Life Root, Matico, Sanicle, Self Heal (also as douche) ; or, Solomon's Seal Root, Sumach Sweet, Tansy, Witch Hazel, Yarrow ; or, Fluid Extract Golden Seal, Tincture of Myrrh and Tincture of Echinecea—1 teaspoonful 3 times a day in warm water.
Liver Troubles :	Dandelion, Centuary, Balmony, Bitter Root ; or, Golden Seal, Liverwort, Wood Sage, Yellow Dock.
Lumbago :	Burdock, Bogbean, Guaicacum Chips, Pinus Canadensis, Prickly Ash Berries, Tansy, Uva-Ursi ; or, Burdock, Pinus Canadensis, Uva-Ursi, Tansy, Juniper Berries, Prickly Ash Berries ; or, Yellow Dock, Meadow Sweet, Dandelion Root, Uva-Ursi, Primrose, Burdock.
Lockjaw :	Cayenne 1/16th, Lobelia ½, Scullcap, Unicorn Root ½, Valerian.

MEASLES:	Ginger bruised, Marigold Flowers, Pleurisy Root, Vervian, Saffron (children).
MALARIA: (*Also see fevers*)	Poplar Bark (better than quinine) or Peruvian Bark.
MENSTRUATION:	*Painful.* Arrach, Black Haw, Black Cohosh ½, Catmint, Motherwort; or, Germander, Motherwort, Smart Weed, Southernwood, Black Haw. *Obstruction and suppression.* Aloes ½, Arrach, Black Cohosh ½, Life Root; or, Pulsatilla Root, Rue ½, Motherwort, Smart Weed, Wood Sage. *Profuse.* Black Haw, Bistort Root, Black Cohosh ½, Cudweed; or, Ladies' Mantle, Loosestrife, Saffron, Tormentilla Root, Black Haw.
NASAL POLYPUS:	Snuff powdered Blood Root up nostril.
NERVOUS TROUBLES: (*Neuralgia, etc.*)	Asafetida Gum pills; or, Celery Seeds, Damiana Hops, Valerian Root; or, Kola Nuts ½, Mistletoe ½, Peruvian Bark ½, Pulsatilla, Rosemary; or, Scullcap, Sumbul, Unicorn Root ½, Valerian, Wood Sanicle; or, Gentian Root, Hops, Scullcap, Valerian Root, Wild Yam, Celery Seeds; or, Celery Seeds, Peruvian Bark ½, Scullcap, Valerian, Pellitory Root (also chewed).

OBESITY:	Bladderwrack; or, Paraguay tea (take when fasting—powerful stimulant).
PARALYSIS:	Prickly Ash Berries, Ginger Root, Poplar Bark, Scullcap, Valerian, Wild Cherry Bark, add pinch of Cayenne when strained.
PILES:	Bistort Root, Fluellin (also an ointment), Mullein, Horse Chestnut Leaves, Matica, Pilewort (also as an ointment); or, Plantain, Stone Root, Spearmint, Witch Hazel, Yellow Dock Root (also ointment). Ointments are made by simmering two ounces of the herbs to 4 ounces of lard for 2 hours in an earthenware jar in the oven, afterwards pressing the impregnated lard out of the herbs, straining through a muslin cloth and potting for use.
PLEURISY.	Crawley Root, Horehound, Hyssop, Pleurisy Root, Slippery Elm Bark, Vervian; or, Pleurisy Root, Scullcap, Golden Seal Root, Ginger Root (crushed).
PNEUMONIA:	Hyssop, Marshmallow Root, Slippery Elm Bark, Squill, Thyme; or, Golden Seal Root, Ginger Root, Pleurisy Root and Scullcap.
POULTICES:	Bran (general); Blood Root (ringworm, cancer, ulcers, growths, etc.); Chamomile and Poppy (neuralgia and pains); Comfrey, Figwort, Slippery Elm Powder

	(ulcers, sores, etc.) ; Red Clover (cancer) ; Raspberry Leaves (cancer, ulcers, etc.) ; Linseed (colds—general) ; Marshmallow (swellings).
PROSTATIC TROUBLES :	Saw Palmetto Berries, Gentian Uva-Ursi, Buchu, Damiana, Raspberry Leaves, Slippery Elm Bark.
RHEUMATISM :	Ash Leaves, Bogbean, Celery Seeds, Sassafras, Yellow Dock, Mountain Flax ; or, Kava Kava, Elder Flowers, Mountain Flax, Prince's Pine, Prickly Ash Berries ; or, Burdock, Dandelion Root, Meadowsweet, Primrose Root ¼ (muscular), Uva-Ursi, Wintergreen.
RHEUMATOID-ARTHRITIS :	Ash Leaves, Poke Root ½, Scullcap, Yellow Dock, Sweet Marjoram, Pellitory-of-the-Wall, Valerian Root.
RINGWORM :	Blood Root (also external), Golden Seal, Poke Root ½.
ST. VITUS DANCE :	Black Cohosh Root ½, Mistletoe ½, Scullcap, St. John's Wort, Valerian ; or, Scullcap, English Valerian Root, Wood Betony, Sweet Marjoram, Pellitory-of-the-Wall, Senna ¼.
SCALD HEAD OR HIVES :	Clivers, Lobelia ½, Nettles, Red Clover (external), Raspberry Leaves.
SCARLET FEVER : (*See also Fever*)	Blood Root, Centuary, Pennyroyal, Sumach Berries, Vervian.

SCIATICA:	Hops, Gentian Root, Scullcap, Valerian Root, Wild Yam; or, Celery Seeds, Pennyroyal, Mugwort, Southern Wood, Ragwort (also external).
SCURVY: (*Also see Skin Troubles*)	Bayberry Bark, Bittersweet, Bogbean, Blood Root, Burdock; or, Clivers, Centuary, Dock Root, Fumitory, Prickly Ash Berries, Scurvygrass, Wood Sanicle.
SCROFULA: (*See also Skin Troubles*)	Bayberry Bark, Burdock, Celandine, Dock Root, Mandrake, Queen's Delight; or, Sarsaparilla, Soapwort, Sassafras, Tag Alder, Walnut Leaves, Wood Betony, Watercress, Wood Sanicle, Yellow Parilla; or, Elder Flowers, Marigold Flowers, Red Clover, Yellow Dock Root.
SEXUAL IMPOTENCE:	Fluid Extract of the following: Capsicum ¼, Damiana, Gentian, Avena Sativa, Oak Bark, Saw Palmetto, Uva-Ursi; 1 teaspoonful in hot water sweetened with honey, 3 times a day; or (Women) Horseradish, Motherwort, Damiana, Saw Palmetto Berries, Willow Bark.
SKIN TROUBLES:	Bayberry Bark, Burdock, Clivers, Prickly Ash Berries, Wood Sanicle, Yellow Dock; or, Blood Root, Bogbean, Sarsaparilla, Queen's Delight; or, Bittersweet, Blue Flag, Figwort, Prince's Pine, Mandrake.

SPLEEN TROUBLES :	Bearsfoot, Hartstongue, Maple Bark, Slippery Elm Bark (also as a poultice).
SPASMS :	Assafetida Gum pills ; or, Burdock Seeds, Black Cohosh ½, Black Haw, Cramp Bark, Lobelia ½, Prickly Ash Berries ; or, Peppermint, Pulsatilla, Scullcap, Valerian.
SWELLINGS :	Black Cohosh, Marshmallow (also external), Ragwort (also external).
TAPE WORM :	Malefern, Areca Nut, Kousso, Pomegranate Powder ; 1 teaspoonful in honey before meals, followed by a dose of Epsom Salts next day.
THROAT TROUBLES :	Agrimony, Black Currant, Cudweed (quinsey—also gargle and poultice) ; or Eucalyptus, Loosestrife (also gargle), Myrrh (gargle), Oak Bark (gargle) ; or, Raspberry Leaves (gargle), Red Sage (tonsils, ulcers, throat, mouth—also gargle), Self Heal, Wild Thyme, Wake Robin Root.
TIC DOULOUREUX :	Scullcap, Valerian, Senna ¼, Wood Betony, Sweet Marjoram, Pellitory-of-the-Wall, Black Cohosh ½, Lobelia ½.
TOOTHACHE :	Chamomile, Pellitory Root (chewed), Prickly Ash Bark (chewed), Scullcap, Valerian (also Tic Douloureux.)
TUMOURS (*Also see Blood Troubles*)	Dock Root, Fluellin, Poke Root ½, Prince's Pine, Violets, Wood Sanicle.

ULCERS and SORES: Agrimony, Bayberry Bark or Root, Blood Root, Bitter Sweet, Comfrey Root (also poultice); or, Chaulmoogra Oil (leprosy—dose 10 drops maximum usually intravenus), Hydrocarpus Oil (leprosy—dose 10 drops maximum); or, Marigold (varicose veins), Myrrh (also externally), Oak Bark (wash), Queen's Delight Root (also leprosy), Pimpernel (also externally); or, Raspberry Leaves (also externally), Slippery Elm Bark (also poultice), Tormentilla, Wood Sanicle, Red Clover (cancer).

URINE TROUBLES: *General:* Buchu, Carrot Wild, Parsley Piert, Couchgrass; or, Elecampane Root, Gravel Root, Horsetail, Kava Kava; or, Pareira Root, Parsley Piert, Slippery Elm Root, St. John's Wort, Tansy (women).

Obstruction or Suppression: Buchu, Carrot Wild, Clivers, Groats, Haircap Moss ½, Mugwort ½, Parsley Piert, Pellitory-of-the-Wall, Pennyroyal, Queen-of-the-Meadow, Stone Root, Wild Mint, White Poplar Bark.

Painful Inflammation: Buchu, Carrot Wild, Parsley Piert, Pareira Root, Slippery Elm Bark, Uva-Ursi.

Excessive: Sumach Sweet, Motherwort (albumen.)

Incontinence : American Mandrake and Cayenne 1/16th.

VOMITING : Cascarilla, Calumba Root (sea sickness and morning sickness); or, Cinnamon Bark, Peppermint, Spearmint, Wild Yam.

WEAKNESS : Cotton Root, Damiana, Paraguay Tea; or, Peruvian Bark, Prickly Ash Berries, Saw Palmetto; or, Poplar Bark, Unicorn Root ½, Wintergreen (also see Impotence).

WHITLOW : Red Clover (also poultice).

WHOOPING COUGH : Black Cohosh, Cloves ¼, Grandilla, Ipecacuanha ½, Lobelia ½, Mousear, Red Clover, Wild Thyme; or, Essence of Garlic 1 oz. to ½ lb. of honey—(teaspoonful doses frequently).

WOMEN'S TROUBLES : *For prolapsed uterus :* Meadow Lily, Unicorn Root, Life Root (also used for vaginal injection); also Slippery Elm Bark tampons.

For sore breasts, also to make milk leave breast : Red Sage and Unicorn Root.

For child-bearing and easy birth : Raspberry Leaves and Motherwort.

For hysteria and nerves : Tansy, Valerian and Scullcap.

WORMS : Balmony, Areca nut, Butternut, Kousso, Pink Root (children), Quassia Chips, Tansy, Wormwood; or 1 tablespoonful of Pumpkin Seed or Pomegranate Seeds, followed by a teaspoonful of Extract of Malefern taken in capsules and followed by a glass of pure lemon juice 10 minutes afterwards. Dose of salts next day.

FINAL INSTRUCTIONS FOR APPLYING THE REMEDIES

It is impossible to cure any sufferer if he or she is continually breaking the Laws of Nature. But by proper feeding and the application of the Natural Laws with the methods explained in my lectures, together with the assistance of these herbs, a complete and permanent cure can be looked for in a very short time. If the patient has faith and understands the laws of the Universal Power, he or she can be healed without any additional assistance except to obey the laws of God, but unfortunately all have not this Faith and Understanding. If, however, the above instructions are carried out faithfully, good and permanent results are guaranteed.

FLUID EXTRACTS AND TINCTURES are popular and convenient preparations, inasmuch as, if properly made, they are the most concentrated fluids from the herbs.

SOLID EXTRACTS are chiefly employed in the manufacture of pills, tablets, plasters and ointments.

PILLS AND TABLETS are perhaps the best known and most largely used, chiefly because of their handy form and general convenience. Yet we find that the infusions and decoctions of the herbs made to instructions give better results.

LECTURE XIII

Colitis—Occupational Compensation—Examples of Poor Occupational Habits—Setting-up Exercises—Neck Exercises—Feet and Their Care—Foot Exercises—Headaches, Their Causes and Treatment.

COLITIS is an inflammation of the colon. Wherever there is extreme inflammation in the intestinal tract a smooth diet is indicated. One should leave out raw salads and rough foods and go more towards the potpourri materials, vegetables that are mashed down.

Colitis and ulcerated stomach are among the most prevalent conditions in the world today. The cause is more of a nervous origin; it is, however, sometimes brought about by constipation and not looking after the intestinal tract and the food you eat.

For colitis a smooth diet is indicated. It is best to follow a daily diet regime by leaving out raw salads and substituting vegetable juices and mashed vegetables. You must also have a smooth diet for ulcerated stomach. Any acid substances that one takes may get into the walls of the stomach and increase the intensity of the irritation.

Now, by comparing Figures I and II, you will see what happens to the ordinary colon.

(See Figures I and II on page 202)

You see in Figure I the duodenum, small intestine and colon. When the colon is inflamed and irritated, or when the whole intestinal tract is inflamed and acid, the oesophagus closes in the top, the stomach loses its elasticity and power and also loses its shape. The duodenum is drawn down.

The organ should be as illustrated in Fig. I. But a sag takes place and it is drawn down (see Fig II). Now there is always a residue of material left which causes an ulcerated condition. You must get rid of this ; otherwise you will not get rid of the duodenal trouble. It is drawn down by the heaviness of this organ. It brings it into a curve and, secondly, you have a residue of material left at the bottom of the curve which you never get rid of till an adjustment takes place. This is possible through proper treatment.

In Fig. II you see the colon with extreme irritation ; it has a big bulge where the appendix is. Then it varies a bit and there is another big bulge ; then you have bulges with parts narrowed here and there, till you get to the lower colon ; then you find a larger bulge because of material held that should be evacuated.

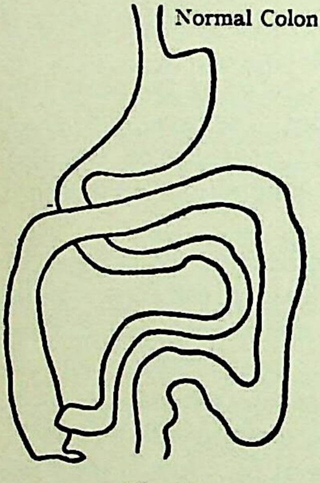


Fig. I

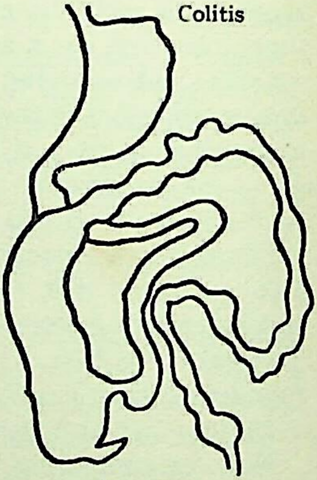


Fig. II

It is useless to take medicine to cure this condition. It is worse than useless, because the force of the material in its passage 'tears the lining of the colon and the intestines, exposing small blood vessels ; thus absorption of the virus into the bloodstream takes place. It is then carried to various parts of the body which may be affected if there is any waste matter in which it can breed.

The virus may travel through the whole body to get lodged into cavities where it remains to carry on its destructive work.

The best way to get rid of a colitis condition is to follow my Daily Diet Regime if possible, leaving out the raw salads and substituting vegetable juices. Try to get the same combinations as suggested in this diet regime. Make sure to get the proper amount of vitamins which are best found in the tops of vegetables and in raw vegetable juices. In very severe cases of colitis, sometimes raw fruits irritate; so they will have to be slightly cooked. Often the reason for the irritation is because the fruit has been picked before it is fully ripe. When cooking fruit, cook it in the most healthful way possible by using very little heat and very little sweetening. The salad vegetables that you do not wish to cook can be "eaten" in juice form; such as lettuce, celery, carrots, and beets. When eating starches be sure they are well cooked and well masticated, otherwise they will do more harm than good.

Vegetable broths are exceptionally good for a person on a smooth diet. Liquefied foods are also good to use when a person is in need of a smooth diet. All of the bean family can be purée'd. Many people when on a smooth diet turn to custards and milk, which are not the best foods. Make sure that everything that goes in the mouth will be good food whether it is smooth or rough. Coffee, tea, cocoa, chocolate are smooth but very irritating to a colitis patient. Just because icecream and plain cake are smooth it is no sign that they are good for us. Be careful of salad dressings, for many contain vinegar, as well as salt and pepper, which are also irritants. You will have to be careful of the skins of various vegetables and fruits, make sure that they are well cleansed of poisonous spray. Eat a balanced diet as suggested in a previous lecture. Any rough skins should be removed completely, so that the food does not become roughage, especially with a very severely irritated colon or intestine. For an ulcerated stomach it is most important that one should eat sparingly, not big meals but small ones, You will find that the ulcer trouble quickly disappears following proper treatment which can be given at the clinic.

I have cured many ulcerated stomachs permanently and am sure that most can be cured when properly treated.

We see now that stomach ulcers should be treated as an extreme irritation of the intestinal tract. Most people turn to laxatives when on a smooth diet, for the reason that there is not enough bulk furnished in the roughless diet. Be careful of irritating laxatives; they do more harm than good. The best thing is flaxseed tea. This leaves a slimy substance on the walls of the colon which heals, and it puts slimy stuff on the mucous membrane. Enemas are good but they should be taken sparingly.

It is not good to use an enema when your colon is like that shown in Fig. II on page 202.

Sometimes the sigmoid flexure turns round and becomes small at that area, and severe irritation is created. When applying an enema use a teaspoon of bicarbonate of soda and a teaspoon of glycerine to every pint of water (warm). Injections of liquid obtained from boiling the slippery elm bark are excellent.

The following are extremely good in giving bulk when we have a need of a smooth roughless diet: powdered psyllium, agar agar, and lactose laxatives.

OCCUPATIONAL COMPENSATION

Now I want to deal with occupational exercises. Many of you do the same thing when you go home that you did during your working hours. For instance, you type all day and sit with a book when you get home; or you do book work during the day and you carry on when you get home. This is exceedingly bad for your health.

Do you work over a desk all day? What posture do you then maintain? Do you constantly stand in one position? What occupational habit are you forming that is detrimental to your health? Is the light suited to your eyes? Are you in a dark room approximately eight hours a day? Do you go from one extreme of temperature to another or wear wet clothing all day? Does your job require constant talking? Do you carry a heavy load with only one arm during all your working day? Do your lungs get sufficient fresh air? If not, what kind of gases do you inhale?

Some people stay indoors after being indoors all week, and they come to office on the Monday morning with that disease called Monday-itis, and that goes on all week. You see now how essential it is to get fresh air. If you work many hours you must rest many hours. If you work from 6 o'clock in the morning until 6 o'clock at night you should get to bed at 9 o'clock—at least a few nights a week. If you cramp your intestines leaning over a desk or chair or typewriter, compensate by certain exercises that will help to compensate for the unnatural positions you have occupied during the day. Watch carefully your daily office routine and compensate by doing the opposite. I know there are a lot of you who work indoors all day and then take your work home with you and keep at it till the early hours of the morning. This can go on for a while but the time comes when it tells on you. You must compensate for your daily habits.

Consider the case of a young fellow who was treated for two years for stomach trouble, and yet two days after I told him to stop putting his hand in brine, which he was doing for eight hours a day, he was cured. This stuff was absorbed through his hands and got into his stomach.

You must analyse your daily regime and do what is necessary to compensate for any steady, unnatural position or circumstance that it imposes upon you which in time might get the best of you. Answers to the above questions should help you to realise that your work may be causing you to feel ill. If you breathe foul air constantly, do not spend your spare time in a dance hall or gas-heated apartment. If you have to talk constantly all day or do work that may cause a mental strain, compensate for it by doing some physical labour in your spare time. Do not go home and study half the night or practise on the "fiddle" the whole evening. If you do not get sunshine during working hours, you must get it when you are not working. If you work many hours you must rest many hours. If you cramp your intestines by leaning over, do something to compensate, such as hiking or gymnastics.

These things must be done. Many people have been cured of their ailments by permitting me to analyse and correct their daily living habits.

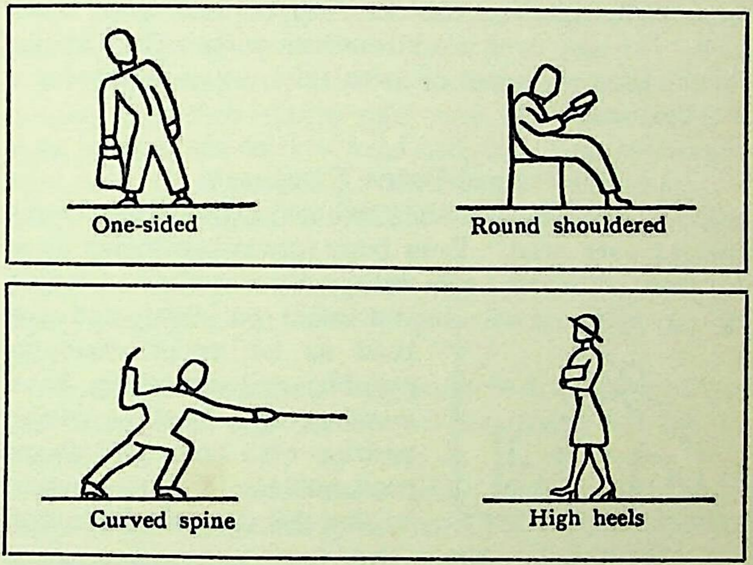
Consider the following cases: A man who carried milk cans down a flight of stairs always with his left arm was cured of back trouble in less than a week by obeying my simple instruction to change arms while carrying the load.

A woman who wore high heel shoes while walking all day was cured of headaches of four years' standing by changing shoes.

A lady stenographer who bent over a typewriter all day was cured of constipation and ugly eruptions by doing my group of setting-up corrective exercises morning and night.

So you see occupational compensation is essential.

Let me check your daily habits, the kind of work you do now and what you have done in the past, so that I may tell you how to know yourself better and thereby help you to better health.



One-sided

Round shouldered

Curved spine

High heels

EXAMPLES OF POOR OCCUPATIONAL HABITS

SETTING-UP EXERCISES

The following are setting-up exercises which are to be performed morning and night. They free encumbrances, give muscles tone and build better circulation.

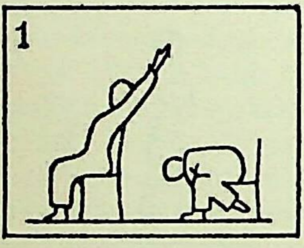
Through exercise you can make a supple, active body that will be ready to meet any emergency without producing extreme fatigue or " half killing " you. Everyone should play and take exercise every day. By following the programme outlined you will see a decided improvement.

You are expected to start slowly and build up to a point of reasonable fatigue, but never to a point of over-exertion. Make each muscle work by squeezing hard, concentrate on every movement, and do not jerk the muscles. Do only that which your body is capable of doing.

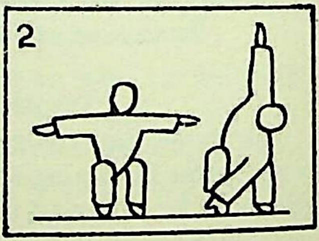
Generally all these exercises can be used three times each ; the easy ones can be done more than three times. Do the same exercises on both sides, so as to develop a well-balanced body.

SITTING-DOWN EXERCISES

1. Sit upright—feet and knees well apart—stretch arms straight over head. Bend body forward, swinging arms well under the chair, keeping your chin on chest, and put head as far under chair as possible, and stretching back muscles ; then back to sitting position with arms still above head and the upward stretch, tensing the abdominal muscles.



2. Sit upright—knees and feet well apart—arms sideward, shoulder height. Bend over and turn trunk to left while left hand touches right toes and right hand well stretched above head to produce tension on side of abdomen. Turn trunk in opposite direction and reverse exercise.



STANDING-UP EXERCISES

3. Look straight ahead and lean head over on shoulder while keeping eye straight front, first lean to one side then to the other.

4. Turn head from side to side, stretching as far as possible.

5. Drop head forward. Turn head in circular motion, keeping face and eyes straight ahead. Do this three times in each direction.

6. Drop head straight backward and forward as far as possible omitting circular motion.

7. Stand with feet 12 to 14 inches apart—look down toward right foot—bring right arm up—place palm of right hand at the back of head and draw steadily toward right foot. Do the same on other side and with left arm.

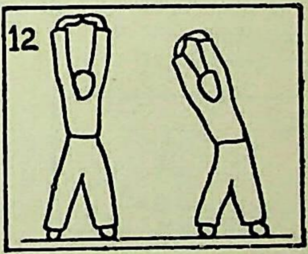
8. Clasp both hands behind head and pull straight down toward feet.

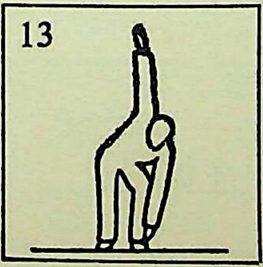
9. Feet apart—arms out to side—twist the body at hips swinging around first to one side and then to the other.

10. Bend forward allowing hands to drop down to toes and throw arms together first up to one side and then to the other.

11. Raise arms sideward, level with shoulders, and make circles with hands (backwards) about 15 to 16 inches in diameter.

12. Feet apart—clasp hands while arms are stretched straight above head. Circle arms in big circles with hips still—body from hips up firmly stiff—bending only from hips. This is the liver twister.





13. Feet apart. Stretch one arm straight above head and keep straight while stretching other arm down and bending knee on same side. Keep other knee unbent and try touch-toes.

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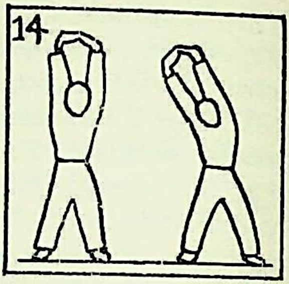
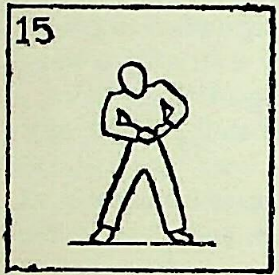
14. Arms stretched above head and kept together—bend straight over at hips from side to side with upper part of body kept fairly stiff.

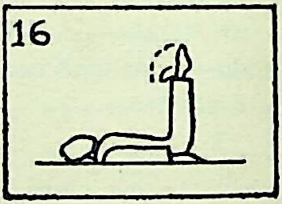


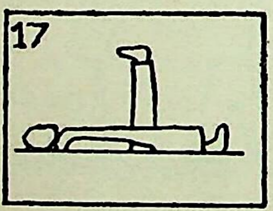


15. Pat stretched abdomen quite vigorously with open hands while leaning to side and slightly back—first one side then the other—pat only the side that is stretched.

LYING-DOWN EXERCISES

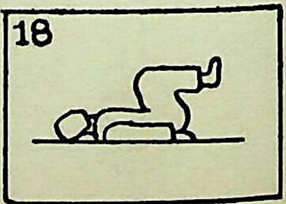
16. Bring legs to vertical position knees straight. Push toes up as far as possible, then draw them down toward the knees as far as possible.

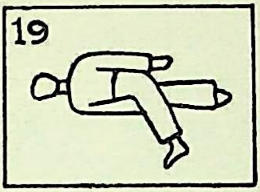




17. Bend one leg to vertical position, then the other.

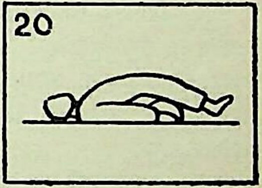
18. Bend knees and pull chest, hold a minute with clasped arms, then release, allowing legs to go back straight and to floor.

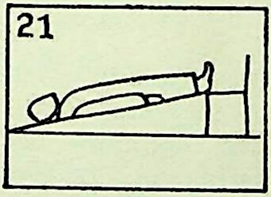




19. Lift one leg to vertical position. Bend straight over the leg to floor in scissor fashion, while keeping shoulders on floor. Bring back to vertical position and straight over to the other side and to floor, but away from other leg, stretching lower abdomen. Then lift to vertical position again and down to meet other leg on floor as you started.

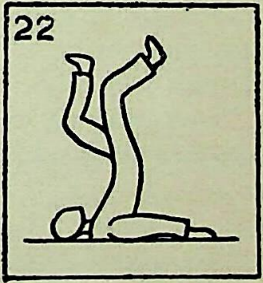
20. Put two or three pillows under hips and pull stomach towards shoulders which are on floor while holding breath. Bring stomach back and forth.

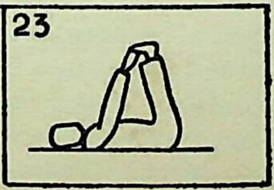




21. Lie on back on board or table that is tilted with head down. Hold breath and bring stomach back and forth. Do this also when doing bicycle upside down.

22. Upside down bicycle. Throw self on shoulders holding hips up with hands while elbows are on floor. Bicycle upside down till tired. Start gradually and increase as strength increases.





23. Arms straight to side stretched out on floor. Bring arms up and legs up at same time so fingers and toes meet in mid-air.

NECK EXERCISES

(Especially good for thyroid troubles)

1. Allow the head to go back as far as possible, and open and close mouth. This must cause tension of neck muscles way down to chest. Also grin while doing this.

2. Pull up muscles of neck and chest while looking straight ahead, with chin pushed forward. Tense muscles of neck while using mouth.

3. Tense neck muscles on one side, first by leaning head to back and side, and tap neck on tense side gently but firmly in quick succession with fingertips while humming one of the vowels. First one side, then the other side.

These exercises normalise the entire body, specifically the spine from top to bottom, opening up all nerve liners. Try to do twice daily.

They also develop strong muscles in the abdomen which is the real motor of our body because of the vital organs. Develop abdominal muscles, and fallen conditions will leave; and you will be free from constipation. Do not overdo but do everything with a *conscious effort*. Conscious control is the secret of all successful action, no matter what form it may take.

To do these exercises in a "wishy-washy" manner will develop soft good-for-nothing "wishy-washy" muscles.

FEET AND THEIR CARE

The feet tell their troubles in the face. Most people with foot trouble show it in their facial expressions. To have good health we must have good feet. Most people who are not well have "sick" feet. The one reason for feet failing first in poor health is that the feet do not get the best circulation. Circulation is sluggish because the feet are so far from the heart, and because the feet are cramped in one position in shoes all day.

The habitual eating of heavy foods highly spiced with salt, drinking of heavy mineral waters or the use of many drugs causes heavy food and heavy inorganic undissolved mineral salts to be left in the lower parts of the body, especially the feet. If the kidneys cannot segregate the chemical elements and waste, they settle in the feet and we call it gout.

We seldom give our feet the proper care. Most of us cramp our feet in shoes all day long. We should do exercises without shoes every day, we should walk on the cold dew-dampened grass every morning if possible. Those who have bad feet can help them most by exercising barefooted in sand. Go to the beach often and work the muscles and arches of the feet. The lecture on posture tells you about straightening the lower curve in the spine which will help you to walk straighter. The arches of the feet will also improve. Walk pigeon-toed for five minutes every day. Wear stockings or socks large enough not to cramp the toes and change every day. Wear light coloured absorbent stockings such as lisle, wool or cotton. Cut toe nails straight across to prevent ingrown toe nails. Those with foot trouble will benefit by manipulation.

Most people are running to this foot doctor or that shoe man, and no matter how many brands of shoes they have tried, none seem to feel comfortable. The trouble is they are trying to buy shoes to fit abnormal feet. Limber up your feet by breaking up some of the old adhesions holding the foot bones in an abnormal position. The feet will soon change, then correct shoes will be necessary. It is easier to get a good shoe and have a good limber foot mould itself to the shoe rather than spend a lifetime looking for comfortable shoes to fit a hard inactive foot. Very few shoes can be recommended. However, there are a *few*—ask for particulars.

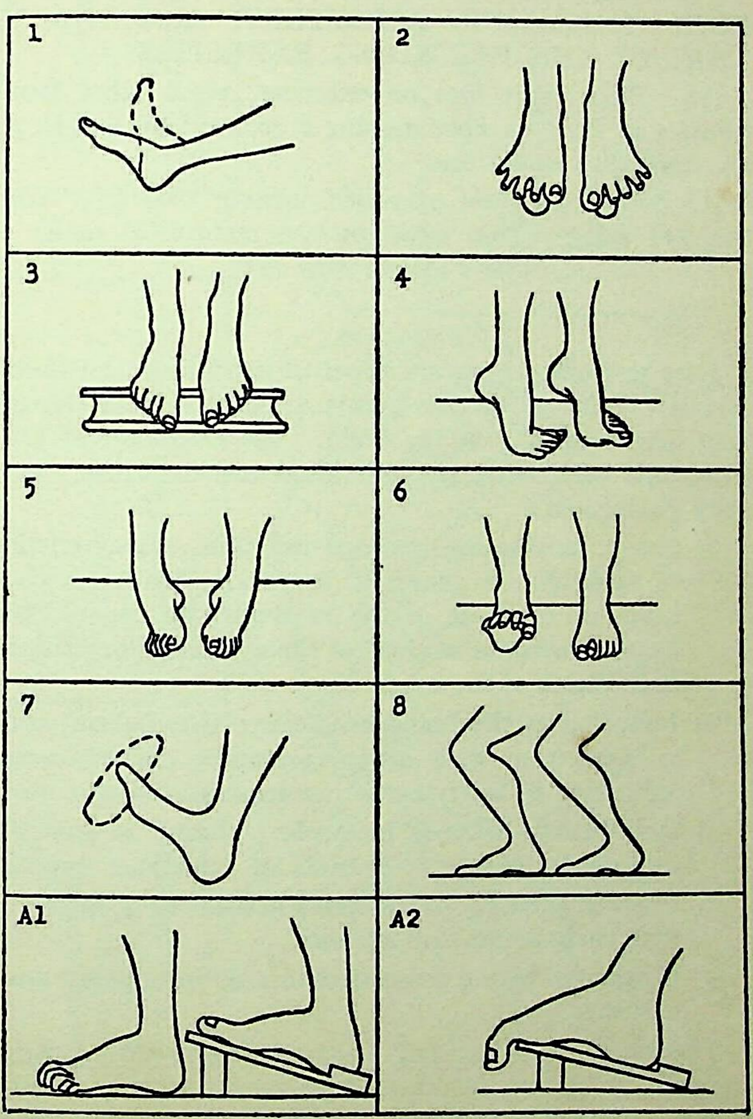
If your feet are cold at night, faithfully follow these exercises and use the tonic skin brush bath. Do not curl up in bed, and your feet will get warm quicker. If you are overweight your feet would appreciate it very much if they had a lighter load to carry. If your feet swell take care of the whole body as this is a sympton that the kidneys, heart and intestines are calling for help. If there is an undesirable odour from the feet it is coming from putrefaction in the intestines.

So keep the feet limber, change shoes often, change stockings every day, learn to walk straight, eat correctly, exercise, get out on the beach and the feet will definitely improve.

Foot Exercises

These foot exercises will help to relieve callouses fallen arches (both metatarsal and longitudinal), cramps in toes and legs, weak ankles, flat feet, bunions, corns and many other troubles.

1. Raise leg forward and up, stretching the point of toe downward.
2. Spread toes apart as far as possible, and roll front arch on a golf ball.
3. Stand on a book or stairs and bend toes downward.
4. Raise up on toes while standing.
5. Walk on outside edge of feet.
6. Grasp marbles under toes picking up and dropping them in a vessel.
7. For shapely ankles put leg forward and make toes go in circular motion towards inside.
8. Put one foot in front of other and bend straight down. Keep heel of rear foot on the floor.


1
2
3
4
5
6
7
8
A1
A2

THE NEXT TWO EXERCISES DONE WITH MY FOOT EXERCISER ACCOMPLISH ALMOST ALL THAT OF THE PRECEDING EXERCISES.

A1. Place right foot on exerciser, place other foot directly in front on floor moving it forward by grabbing the floor with curled toes.

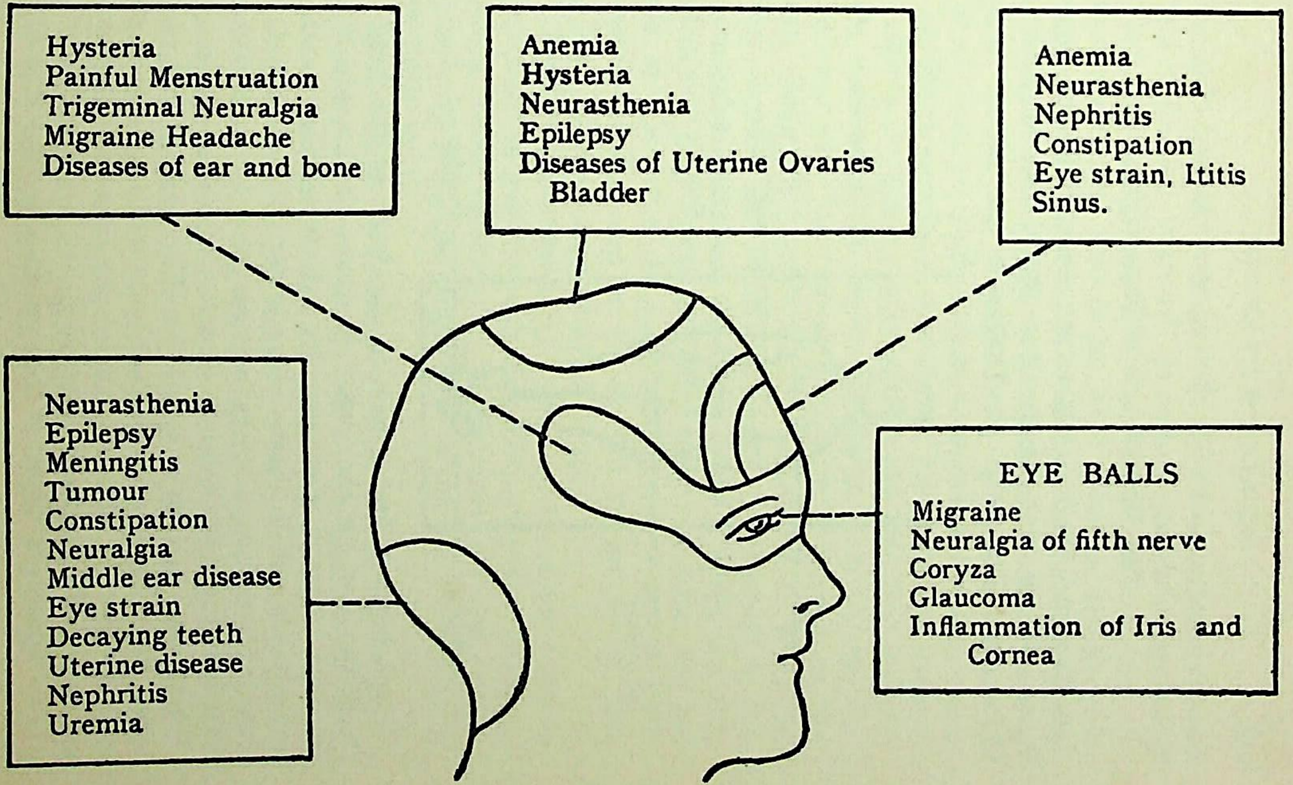
A2. Place foot on exerciser, curling toes over the rounded edge. This develops the metatarsal arch. (See Figs. on page 215)

HEADACHES

Now we come to certain types of headaches and their causes. Pains at certain points indicate certain things that are happening in the body. The character of the head-pain varies with the individual and the cause. We may distinguish :

1. Sharp, lancinating, paroxysmal pain, characteristic of neuralgia, is generally in various places in the head, on the side of the head and on top of the head, sometimes in front of the eye and sometimes in the back of the head.
2. Pulsating or throbbing headache ; if unilateral and in connection with other vasomotor disturbances, indicative of migraine or hemicrania.
3. Dull, heavy, diffused headache ; found in gastro-intestinal and febrile diseases of infectious origin.
4. Binding, pressing, or squeezing headache ; associated with rheumatism and anaemia.
5. Sharp and boring pains encountered in epilepsy and hysteria.

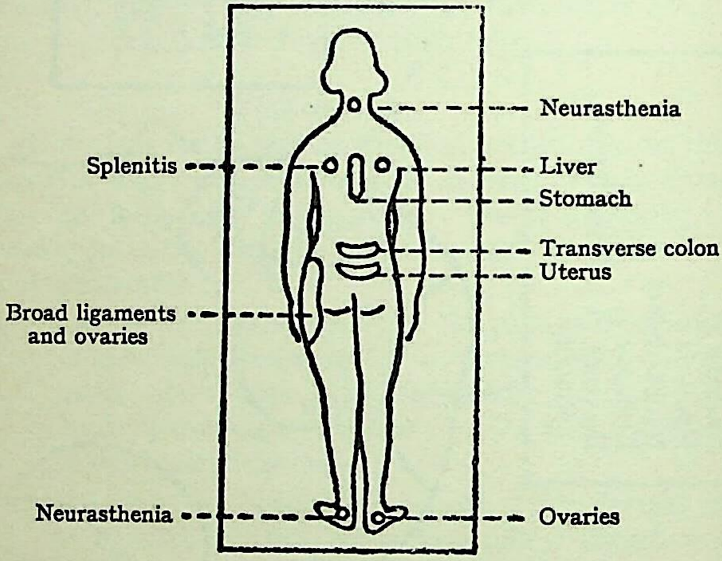
The location of head pain is of considerable diagnostic importance. It may be diffuse or in varying combinations, frontal, temporal, parietal, vertical, or occipital. The head illustration on page 217 shows in a general way the


Hysteria
Painful Menstruation
Trigeminal Neuralgia
Migraine Headache
Diseases of ear and bone
Anemia
Hysteria
Neurasthenia
Epilepsy
Diseases of Uterine Ovaries
Bladder
Anemia
Neurasthenia
Nephritis
Constipation
Eye strain, Ititis
Sinus.
EYE BALLS
Migraine
Neuralgia of fifth nerve
Coryza
Glaucoma
Inflammation of Iris and
Cornea
Neurasthenia
Epilepsy
Meningitis
Tumour
Constipation
Neuralgia
Middle ear disease
Eye strain
Decaying teeth
Uterine disease
Nephritis
Uremia

diagnostic indications to be derived from the seat of pain in the head and face.

(See Illustrations on Page 217)

PAIN CENTRES HERE ILLUSTRATED ARE FOUND IN THE BODY WHERE THE CAUSE HAS BEEN TRANSFERRED FROM SOME INFLAMED OR DISEASED ORGAN


Neurasthenia
Splenitis
Liver
Stomach
Transverse colon
Uterus
Broad ligaments and ovaries
Neurasthenia
Ovaries

Supposing you had a pain in the front of the head above the eyes, in the forehead, round to the side of the head across it, that generally indicates anaemia and neurasthenia, which means there is not sufficient blood, a nervous condition, a mental nervous condition, nephritis (inflammation of the kidneys), stomach trouble and so on.

Eye-strain also gives a pain in this area as well as sinus. Very often severe headaches are felt in an extreme sinus condition. Sinus is inflammation of the mucous membrane. In the front and side of the head you have cavities which get larger as they go round to the side of the head; these cavities are lined with mucous membrane which become inflamed through catarrhal congestion. They are linked up with the channels in the face, so that the sound you make when you are speaking is registered in the sinuses. If the mucous membrane of these sinuses is inflamed or interfered with, it creates pain across the frontal area; it also gives you a nasal tone in your speech. Sometimes people have operations performed, the sinuses being cut and scraped. There is no greater fallacy than the idea that you can get rid of sinus trouble by operations. Immediately you interfere with the mucous membrane of the sinuses you are asking for trouble for the remainder of your life. The simplest and easiest way is for a treatment of hot and cold packs across the head. Go on a lemon diet with plenty of fruit juices and drink plenty of water and get rid of the catarrhal conditions in the system. Sinus trouble is supposed to be difficult to get rid of, but I have found it comparatively easy.

People sometimes have a pain in the eyes; this is generally caused through lack of proper circulation, a vassar motor condition. A disturbed nervous system interfering with the proper flow of the blood also affects the fifth nerve.

Glaucoma is inflammation of the cornea of the eyes. Across from the eye to the side of the head people have pain; the perital bone is located there, and behind the perital bone is an area called "reflex area," which shows definitely certain things are taking place in the body. Tic douloureux is the name given to facial neuralgia. Pressure on this nerve is often the cause of the trouble. I use a method that takes the pressure off this area which relieves the nerve pressure.

The simple process of taking the pressure from the nerve eliminates the pain.

There is nerve pressure in nearly all the areas where bones are close together in different parts of the body. If the pressure is taken off the nerves, you get an even flow of the nerve current.

When the kidneys are not functioning properly, acid gets into the bloodstream and poisons the nerve tissue.

Pains at the top of the head indicate anaemia, hysteria. Hysterical people always have pains at the top of the head, sometimes followed by epilepsy.

Headaches can be classed in four divisions :

(1) Anaemic headaches ;
(2) Nervous headaches ;
(3) Mechanical headaches, sometimes caused through lesions ;
(4) Drug poisons headaches.

The cause of anaemic headaches lies in blood that is impoverished in quantity and quality. Lack of blood in the head caused by the flow of blood into the intestines and stomach. A shock will very often send all the blood to the stomach. The face is white because there is no blood in the head. It is necessary to get that blood circulating back into the system as quickly as possible. That can be done by hot and cold packs, stimulating the circulation. When the face is white you put a hot pack at the back of the head, and if the face is red you put a cold pack there.

A stiff neck prevents blood getting to the head. Pains in the head sometimes indicate that we have lack of blood in the head, a poor heart and tumours. These conditions prevent, as it were, the blood getting into the brain tissue. People do not realise the importance of slackening up all the muscles and tissues round the back of the neck, and when that is done you will find blood getting to the brain. In fact I proved to you the other night at the beginning of this Course that by placing my hand at the back of the neck I could get a sensation in the stomach. I can also get blood into the head by working on the neck. All the cranial nerves are in the area from the first cervicle to the seventh. On the top of the shoulder is the first dorsal, where there is an important nerve centre; by working on that area we can get wonderful results in both brain and body

The symptom is a sore and pressing pain, usually felt in the forehead and orbital region or in the vertex; it is often associated with optical pressure. It is therefore necessary first of all to build the bloodstream through diet, secondly to make sure of a proper distribution of blood through hot and cold packs. Do ordinary exercises and also stimulating manipulations; by manipulations that are stimulating you get the best results.

The cause of nervous headaches is sudden fear, shock, worry, extreme emotionalism, depleted nervous system, too much gossip. The pain is apt to be of a throbbing nature. The typical headache of hysteria is a pain best described as a nail being driven into the top of the head. Those people should be taken care of by a change in environment, a different attitude and a different outlook on life. Balance your day so that your programme is not one of continual mental work, but one of physical play and enjoyment, making sure that your organs are working perfectly. If you do read when you get home read something constructive that will help you think constructively.

Mechanical headaches are caused by accidents, spinal troubles and poor posture, too high-heeled shoes, allowing the body to slouch, not having sufficient exercise. Accidents and spinal lesions are very important and should be looked after. Very often an accident will not show itself until years afterwards. I have seen cases where there have been lesions in the spine that have existed for years and yet while the person was young and virile it had not affected him, but immediately the Life Energy begins to slow itself down it cannot overcome the resistance of the lesion, and the organ or part of the body is affected. It takes, of course, a lot of experience and training to overcome this condition which requires special treatment.

First of all, adjustment must be made, many times perhaps ; the posture may have to be changed, or the bone may have to be put into place, and the congestion of the area must be removed. That is done by a form of scientific manipulation.

The cure, of course, is massage, proper manipulation and correction of posture. These mechanical headaches are often removed quite quickly. Very few people are free in the neck.

Some headaches are caused by drugs such as sulphur, quinine or medicinal poisons taken for all sorts of things. Poisons in the body can cause headaches in the most unexpected places. The cure for, this, then, is to make sure that all drugs are eliminated and that the diet is a cleansing one. Do not take the fruits that have been sulphur-cured ; do not take too much coffee, which is one of the greatest producers of these headaches. Why is it that when you take coffee at night you cannot sleep ?

To determine what is definitely causing this headache, it is best to have a diagnosis by a competent physician. Iridiagnosis is the finest means of telling the cause of headaches. When the cause is known the cure is certain.

We see, then, it is necessary to eliminate certain things to bring about a healthy state in the body. So-called eye-strain and all the aches in the eye-region, often when this condition exists in the eye itself, are caused by irritation or inflammation due to reading or writing too much, or it may come from a condition in the stomach.

Aches at the back of the eyebrows and anywhere along a band three-quarters of an inch wide, extending from the extreme end of one eyebrow to that of the other, originate in irritations and inflammations of the stomach.

Headaches in the temple or side of the head in front of the ears, originate in stomach irritations and inflammations, or ovaries or bladder in the female or the bladder in the male. In some women the uterus gives a reflex ache or pain. That headache in a man originates commonly from the prostate gland.

Headaches anywhere along a horsehoe shape extending from three-quarters of an inch above one eyebrow up into the high centre forehead region and back down to the three-quarters of an inch above the other eyebrow, originate from irritation or inflammation in the large or small intestines according to the position in the horseshoe.

Conditions in the organs and parts of the body always affect definite areas of the brain; so that irritations, inflammations, tumours or any other brain condition not caused by accident or other forceful injuries, arise from bodily conditions. Correction of the bodily condition is, therefore, necessary to restore the brain to a completely healthy condition. Accidental or surgical removal of bodily parts also affects the brain structure. I remember there being brought to me a woman who was practically insane, and I said to the person who brought her: "This woman has had an operation." She said, "Yes, she had a big abdominal operation." I said: "The brain has been affected by it and it will take at least three or four months before she settles down. It is the operation that is causing nervous reaction and interfering with the brain." Every organ in your body is controlled by your brain. If one organ is removed it has a reflex action on the brain cells, especially the lower brain.

The time will come when it will be a crime to take any organ out of the body without proper consultation by a number of honest, competent experts who will decide whether it is necessary or not.

To keep a perfectly whole and healthy brain, it is therefore necessary to have a perfectly healthy body in all its parts and to keep all the body parts intact.

A headache or head pain is merely a symptom; a careful search should be made to find the cause.

To keep the body in perfect health one must watch one's thoughts, one's actions, one's diet, have sufficient exercise, occupational rectification exercises and so on. Watch your posture and do all the necessary things that bring about a strong, healthy mind and body.

No one can have perfect health without a knowledge of spiritual, mental and physical Laws.

Together with my book *Spiritual and Mental Healing* you should be well enough informed to enable you to apply these laws so that the precious gift of Health can be yours.

Do away with this sense of separateness and live continuously in the oneness of Life expressing Love, Wisdom, and Power. You will find then that all your bodily weaknesses and ills will vanish with all the other limitations in your life. "Delight thyself in the Lord and He shall give thee the desires of thine heart." Remember your Royal birth, you are born of the Spirit and not of the flesh, only the best is good enough for you. Associate yourself with the best and the best will be yours.

"And good may ever conquer ill,
Health walk where pain has trod.
As a man thinketh so is he,
Rise then and think with God."

This for you is my earnest desire.

Yours very sincerely,
M. MACDONALD BAYNE.